



Wexford CYPSC Newsletter

January 24th 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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WEBINARS & TRAINING

► Suicide Prevention, Intervention and Suicide Bereavement Training

Please find attached and below the schedule of suicide prevention, intervention and suicide bereavement training currently available to book through the HSE Regional Suicide Resource Office. I have also attached the timeline of the various campaigns that we support through the Connecting for Life Regional Mental Health Promotion and Suicide Prevention Working Group. With information on each campaign coming up throughout the year and how to get involved.

Please circulate and share among your networks.

| February 2025 | | | |
|--------------------------------|-------------------------|---|-----------------|
| Waterford City | safeTALK | Wednesday 5th | 9:30am - 1pm |
| Carlow | ASIST | Wednesday 19th Thursday 20th | 8:45am - 5pm |
| March 2025 | | | |
| Enniscorthy, Co. Wexford | safeTALK | Tuesday 4 th | 9:30am - 1pm |
| Enniscorthy, Co. Wexford | ASIST | Wednesday 12 th Thursday 13 th | 8:45am - 5pm |
| Waterford City | Understanding Self-Harm | Thursday 27 th | 9:15am - 4:30pm |
| April 2025 | | | |
| Kilkenny | safeTALK | Wednesday 2 nd | 9:30am - 1pm |
| Kilkenny | ASIST | Wednesday 23 rd Thursday 24 th | 8:45am - 5pm |
| May 2025 | | | |
| Waterford City | safeTALK | Thursday 8 th | 9:30am - 1pm |
| Carrick On Suir, Co. Tipperary | Understanding Self-Harm | Wednesday 14 th | 9:15am - 4:30pm |
| Waterford City | ASIST | Wednesday 21 st Thursday 22 nd | 8:45am - 5pm |
| Enniscorthy, Co. Wexford | safeTALK | Wednesday 28 th | 9:30am - 1pm |
| June 2025 | | | |
| Carrick On Suir, Co. Tipperary | safeTALK | Wednesday 4 th | 9:30am - 1pm |
| Clonmel, Co. Tipperary | ASIST | Wednesday 11 th Thursday 12 th | 8:45am - 5pm |
| July 2025 | | | |
| Waterford City | ASIST | Friday 11 th Saturday 12 th | 8:45am - 5pm |

Scan our QR code above to reserve your place today or visit www.bookwhen.com/sro





[Suicide Prevention Training February to July 2025 access here](#)

► Timeline of Events : Mental Health Promotion / Campaigns



Regional CfL Suicide Prevention/Mental Health Promotion/ Campaigns Planning schedule 2025

| DATE | CAMPAIGN | HOW TO PARTICIPATE IN CAMPAIGN |
|--|--|---|
| January | | |
| January 27th – February 2nd 2025  | The Irish Hospice Foundation will be running National Grief Awareness Week, the aim being to encourage a more open, supportive, and understanding approach to grief—helping both the bereaved and those around them navigate this challenging part of life with greater empathy. | For more information about the campaign click here Click here for promotional assets which will be available soon. Email: bereavementdevelopment@hospicefoundation.ie to order resources. SHARE on your social media accounts using our promotional assets and using #NGAW2025 #BeGriefAware. |
| February | | |
| 11th February  | Safer Internet Day in Ireland is coordinated by the Irish Safer Internet Centre, a partnership between Webwise, ISPCC, National Parents Council, and Hotline.ie, providing a range of complementary online safety services, including an education and awareness centre, child and parent helplines and a hotline. | The celebrations will be based around the theme, “Prepare / Protect / Thrive: Navigating Algorithms and Influencers.” For more information: Safer-Internet-Day-2025-Social-Media-Pack.pdf |
| March | | |
| 1st March | March 1 st is Self-Harm Awareness Day (known internationally as Self-Injury Day). This gives us an opportunity to raise awareness about self-harm, to reduce the stigma attached to self-harm, and to signpost people towards help and support. | More information to follow for events and promotion of key messaging. To support the day you could circulate the following resource from the HSE National Office for Suicide Prevention HSP00635 Self-Harm Young People 07.10.24.pdf You could also promote the UNDERSTANDING SELF-HARM one day training programme available from the HSE Regional Suicide Resource Office. To book a |

Access a [timeline of events for 2025](#) here

YOUNG PEOPLE

► SpunOut – Recruiting Young People for Action Panel

We are recruiting young people, aged 16-25, who would like to join our Action Panel to build their skills and discuss the topics below

- Mental Health Literacy
- Anti-racism
- Masculinity and gender stereotypes
- Climate action
- Education and Employment
- Rural challenges



Learn more about the [Action Panel](#) here

The Action Panel meets four times a year, in person and online, to help young people connect and communicate their information needs and make a real impact. spunout is dedicated to creating an inclusive, accessible space and encourages young people from all backgrounds and abilities to apply, with no experience required.



If you or anyone you know would be interested, you can [find the application form here.](#)

► Helium Arts : Free Online Art Workshops for Children and Young People with Lifelong Physical Health Conditions



Helium Arts is the national children's art and health charity....to find out more access the [Helium Arts](#) website here.

Do you know a child aged 6-16 with a lifelong physical health condition who'd love to connect with others and get creative?

At Helium Arts, we offer [Distance Creates](#) – a series of free online art workshops for children and young people with lifelong physical health conditions like diabetes, epilepsy, spina bifida, heart conditions, juvenile arthritis, rare conditions, and more.

Through art, these children can build confidence, connect with others, and have fun! Our online workshops are designed and led by talented professional artists. When you sign up, you'll receive a free custom art pack delivered to your door just in time for the workshop. The sessions include a mix of fun online and offline activities, and you can join in from anywhere!

Here's what one parent had to say:

"Being connected to other kids with various conditions is great for her. In normal life, she's the only kid she knows who even has to take daily medication of any kind."

Our Distance Creates Spring workshops are **now open for registration!** Please help us spread the word by sharing this email with anyone who might be interested in these workshops.

[Sign up today!](#)

Workshop details below:

Ages 13-16

- [Distance Creates Online Saturday Youth Meet Ups](#): 26 April, 24 May with more Saturdays to be announced throughout the year

Ages 8-12

- [Distance Creates Online Spring Saturdays](#): 8 March - 12 April (6-week online & offline workshops from home with a bespoke art pack delivered to your door)

Ages 6-8

- [Distance Creates Online Spring Saturdays](#): 8 March - 12 April (6-week online & offline workshops from home with a bespoke art pack delivered to your door)

If you have any questions please feel free to contact me!

Kind regards,

Cathy McGann

Marketing and Communications Executive

Pronouns: she/her [Why do I state pronouns?](#)

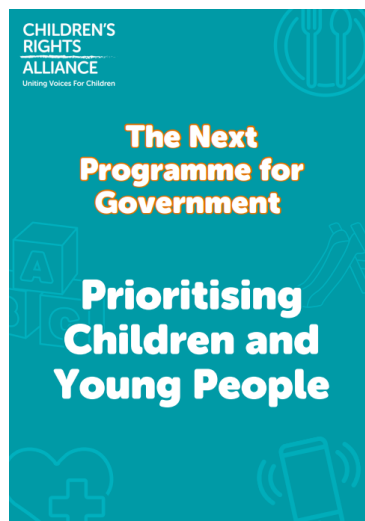
+353 86 069 5049 / helium.ie

Reg Charity No. 20075200

Please note my working hours are 09:30-17:30 Mondays and Tuesdays and 09:00-13:00 Wednesdays and Thursdays.

[Facebook](#) / [Instagram](#) / [X](#) / [LinkedIn](#)

► Childrens Rights Alliance : The Next Programme for Government “Prioritising Children and Young People”



Access the full CRA [“Prioritising Children and Young People”](#) document [here](#)

On initial review, the new Draft Programme for Government includes some important commitments to children, young people and families in the area of child protection and welfare, addressing child poverty, education, and online safety. However, there are some critical gaps on children in direct provision. On early years, there are some really important measures, such as rolling out the Equal Start Programme for marginalised children and dealing with affordability for parents. At the same time, the Draft Programme could have gone further in establishing a public model focused on child outcomes.

We have summarised the commitments to children and young people, and below are extracts from the Draft Programme for Government: 'Securing Ireland's Future' of key commitments relating to children and young people. The titles and subheadings used correspond to the sections in the Draft Programme. You can read the [full document](#) here.

The Government will soon announce the new Ministries. It is crucial at this stage to make contact with the new Ministers on your key issues for children and young people. New Ministers can introduce new measures over and above the Draft Programme for Government. The new government departments will also prepare new strategy statements and it is important that the rights and needs of children are reflected in these.

Note: As the information is sourced from an external party, we do not accept responsibility for its content. Please note this document is a summary only and should not be taken to be a complete representation of the Draft Programme for Government.

Kind regards,
Tanya Ward, Chief Executive, Children's Rights Alliance
7 Red Cow Lane, Smithfield, Dublin 7, Ireland
Ph: +353 1 662 9400

► South East Childrens Disability Network Teams (CDNT) Website



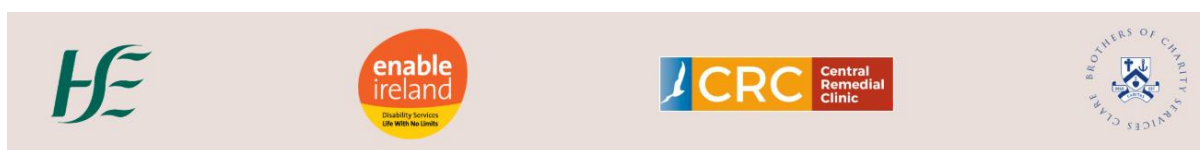
A Children's Disability Network Team is a team of healthcare and social care professionals supported by admin staff, who provide supports and services for children with complex needs. The team aims to focus on the child's strengths and set goals with the family which support the child in meaningful ways.

South East Children's Disability Network has developed a website which can be accessed [here](#).

This website provides information on the 12 Children's Disability Network Teams (CDNTs) in Carlow, Kilkenny, South Tipperary, Waterford and Wexford. This area is collectively known as the Community Health Organisation 5 (CHO5) area.

In particular this website has been created as a resource for families accessing services provided by our 12 CDNTs, families on waiting lists for one of our CDNT services or families referring their children to one of our CDNTs.

- We want to explain how our 12 CDNTs work and how you can contact them
- We want to explain how to refer a child to one of our 12 CDNTs
- We want to list supports, services and activities for families and children to access and enjoy
- We want to support families by sharing information on key topics



PARENTING

► FREE Parent Webinars Feb 2025- Therapeutic Powers of Play

**The Therapeutic Powers
of Play
FREE Parent Webinars**

**Topic One: A Playful Attachment:
Bonding Playfully with Your Baby**

Facilitated by Carol Duffy - Trainer,
Presenter and Clinical Supervisor,
specialising in attachment and
developmental Trauma

**When: Tues 11th Feb 10am - 11:30am
Tues 25th Feb 7pm - 8:30pm**



**Topic Two:
The Power of Special Playtimes**

Facilitated by Siobhán Prendiville -
Child & Adolescent Psychotherapist,
Play Therapist, Clinical Supervisor,
Author, Presenter & Trainer

**When: Thurs 13th Feb 10am - 11:30am
Thurs 27th Feb 7pm - 8:30pm**



**Early Booking
Advised via
Eventbrite Link**

**TRAUMA
INFORMED
CARE**
Taking Action Collectively



#TicTac



CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE
Leighford Woodhouse

LW CYPSC are delighted to announce upcoming **FREE Parenting webinars**, with returning speakers (from the LW Trauma Informed Care Conference 2024), **Carol Duffy** M.I.A.H.I.P., M.I.A.P.T.P.

(BSc Hons Social Psychology and Sociology, Diploma in Creative Supervision; MA in Creative Psychotherapy) and **Siobhan Prendiville** MIAPTP, SIAPTP, MIAHIP, MICP, ECIP (B.Ed, M.Ed.MA Psychotherapy and Play Therapy)

To maximise attendance for as wide a cohort as possible, both webinars have a morning and evening session (see dates below). Parents and professionals alike are welcome to attend.

Both speakers received phenomenal feedback captured in the [evaluation of the Trauma Informed Care Taking Action Collectively \(TIC TAC\) conference](#) which took place last May.

The TIC TAC working group have been busy reviewing the feedback gathered which assists greatly in informing upcoming Trauma Informed Care events and trainings in Longford and Westmeath.

It is hoped that both of these webinars will not only continue to promote the therapeutic powers of play with our partner organisations and service providers, but also to promote and inform parents and clients of the benefits of play, both for themselves as well as for their children and teens, promoting also how play and playfulness can enhance the parent child relationship, attachments as well as the overall enhancement of family wellbeing.

For further information regarding the webinars including registration details please click on the relevant links below (depending on your chosen time/ date).

- **A Playful Attachment: Bonding Playfully with Your Baby**

Facilitated by Carol Duffy

Tuesday 11th February 10am - 11:30am

Link: <https://www.eventbrite.ie/e/1196592814319?aff=oddtcreator>

- **The Power of Special Playtimes**

Facilitated by Siobhán Prendiville

Thursday 13th February 10am - 11:30am

Link: <https://www.eventbrite.ie/e/1214673464029?aff=oddtcreator>

- **A Playful Attachment: Bonding Playfully with Your Baby**

Facilitated by Carol Duffy

Tuesday 25th February 7pm - 8:30pm

Link: <https://www.eventbrite.ie/e/1214636734169?aff=oddtcreator>

- **The Power of Special Playtimes**

Facilitated by Siobhán Prendiville

Thursday 27th February 7pm - 8:30pm

Link: <https://www.eventbrite.ie/e/1214677335609?aff=oddtcreator>

Kind Regards,

Gráinne Reid, Coordinator, Longford Westmeath

Children and Young People's Services Committee (CYPSC)

Mobile: +353 86 6063228 | **Email:** grainne.reid@tusla.ie

Primary Care Centre Mullingar, Harbour Road, Mullingar, Co. Westmeath



[CYPSC Website - Longford Westmeath](#)



► One Family National Parent Survey



One Family is Ireland's national organisation for one-parent families. We provide specialist family support services and campaign and advocate to improve the lives of one-parent families. By taking part in our **National Survey** you can help shape the policy areas we focus on ahead of the general election and over the course of the next year.

We would love to hear from anyone living in Ireland in a one-parent family who is parenting alone, sharing parenting of their children, step-parenting, a kinship carer, guardian, foster parent, a widow(er) or is a spouse of a person in prison. Our short survey will take less than 5 minutes to complete.

We are also offering the opportunity for parents to continue to participate and engage with us as part of a wider collective advocacy project at the end of this survey.

The **One Family** National Parent Survey is part of our research aiming to highlight priority issues for single parents living all over Ireland, and ensure that the experiences of one-parent families are considered in policy- and decision-making at Government and statutory levels.

The survey form can be completed by anyone living in Ireland who is parenting alone, sharing parenting after legal separation or divorce, or people who are lone parents after been widowed.

This short survey should take less than **5 minutes** and is completely **anonymous**.

Thank you in advance for your participation.

[Please click here to access and complete the form.](https://onefamily.ie)

Survey remains open until 31 January 2025.

LGBT+ SUPPORTS

► National LGBT+ Supports and Services



The poster features the HSE logo at the top left and a title 'NATIONAL LGBT+ SUPPORTS & SERVICES' in a large, bold, teal font. Below the title is a decorative horizontal line of ten colored circles in the rainbow spectrum. The main content is organized into eight white rounded rectangular boxes, each with a colored circular icon on the left and text on the right. The icons are yellow, teal, pink, red, purple, blue, dark green, and yellow. The text in each box provides the name of the service, its website, contact number, and a brief description of its mission and operating hours.

BELOING TO YOUTH SERVICES (WWW.BELONGTO.ORG/ 01 670 6223)
National LGBTQ+ Youth Organisation supporting young people aged 14-23 yrs
Supports orgs and schools to create safe & inclusive spaces for LGBTQ+ youth.
Training provided

TRANS EQUALITY NETWORK IRELAND (WWW.TENI.IE/ 01 873 3575)
National organisation supporting trans people across Ireland whose mission is
to advance equality & inclusion & improve the lives of trans people & their families
Dedicated to ending discrimination, stigma and transphobia

LGBT IRELAND (WWW.LGBT.IE/ 1800 929 539)
National support service for Lesbian, Gay, Bisexual, and Transgender
people and their families. Offers a range of services which provide support and
on issues relating to sexuality and gender identity

NATIONAL LGBT HELPLINE (WWW.LGBT.IE/ 1800 929 539)
This service is a free, confidential and non-judgemental phoneline for LGBT+ people and
their families. Available 7 days a week
Mon- Thurs 6:30pm-10pm
Thurs-Sun 4pm-6pm

TRANSGENDER FAMILY SUPPORT LINE (WWW.LGBT.IE/ 01 907 3707)
. Provides support and information for trans people and their families.
Run by non-judgemental volunteers
Tues- 10am-12pm/ Sun- 6pm-9pm)

LGBT+ TELEFRIENDING SERVICE (WWW.LGBT.IE/ 01 437 1209/TELEFRIENDING@LGBT.IE)
Telefriending is an opportunity for older community members to connect with another person
who identifies as LGBTI+
Mutual connection and support by telephone.
Confidential telephone call once per week with trained volunteers

24/7 ANONYMOUS TEXT SUPPORT – LGBTI+
24/7 Anonymous Text Support: Text LGBTI+ to 086 1800 280.
INSTANT MESSAGING SUPPORT SERVICE
Open 7 days per week- 6:30pm-10pm Mon-Thurs/ Fri- 4pm-10pm/ Sat & Sun- 4pm-6pm
<https://lgbt.ie/instant-messaging-support-service/>

OTHER SUPPORTS
Information, support & training: LGBTI- HSE.ie
Urgent out of hours support: Pieta House 24 hour helpline 1800 247 247
Pieta House 24 hour texting service: Text HELP to 51444
Samaritans 24-hour free helpline: 116 123

[Access National Supports and Services Poster here](#)



LGBT+ SOUTH EAST SUPPORTS & SERVICES

| WEXFORD | PHONE | EMAIL |
|---|----------------------|--------------------------------|
| FDYS (Wexford) | 087 134 0906 | emma.whitty@fdys.ie |
| Gorey Youth Needs (Gorey) | 085 861 2670 | karen.mocann@gyng.ie |
| Youth New Ross (New Ross) | 051 425 415 | info@ynr.ie |
| Wexford Pride (County-wide) | www.wexfordpride.ie | wexfordpride@gmail.com |
| WATERFORD | PHONE | EMAIL |
| LGBT+ Health Waterford (Adults) | 083 013 6136 | lgbthealth@wstoyis.ie |
| ChillOUT Waterford (14-17 yrs) | 086 021 8841 | chillout@wstoyis.ie |
| ChillOUT West Waterford (young people) | 086 604 5817 | dungarvanocyp@wstoyis.ie |
| ChillOUT Minis (10-13 yrs) | 086 021 8841 | chillout@wstoyis.ie |
| ChillOUT+ (18-24 yrs) | 086 021 8841 | chillout@wstoyis.ie |
| KILKENNY | PHONE | EMAIL |
| Open Door (13-18 yrs) | 087 387 3724 | rflanagan@ossoryyouth.com |
| Sliding Doors (18-25 yrs) | 087 387 3724 | rflanagan@ossoryyouth.com |
| TransLife Kilkenny + Carlow LGBT+ Network | 086 452 7856 (Becky) | TransLife Kilkenny on Facebook |
| CARLOW | PHONE | EMAIL |
| MUI (Carlow Youth Services 13-17 yrs) | 085 272 2378 | marcella@carlowys.ie |
| MUI+ (Carlow Youth Services 18-25 yrs) | 085 272 2378 | marcella@carlowys.ie |
| SOUTH TIPPERARY | PHONE | EMAIL |
| Tipperary Clonmel Pride | 085 854 1514 | tippolonmelpride@gmail.com |
| ChillOUT South Tipp (14+ yrs) | 083 148 4112 | clonmelcyp@wstoyis.ie |

[Access LGBT+ SE Services and Supports Poster Here](#)



HSE SOUTH EAST COMMUNITY HEALTHCARE LGBT+ AWARENESS TRAINING



01. **LGBTQ+** Terminology

Exploring some of the different sexual orientations & gender identities and the terms/ words used to describe them

02. PRONOUNS

What are pronouns?
How do we use them correctly?
What to do when we make a mistake
How to respectfully ask someone's pronouns



03. LGBT+ HISTORY

Exploring some of the key developments of LGBT+ rights in Ireland



04. WHAT IS IT LIKE TO BE LGBT+ TODAY?

Exploring key health issues experienced by the LGBT+ Community
Heteronormativity & Intersectionality
Homophobia, Transphobia & Biphobia



05. WORKING WITH LGBT+ PEOPLE

Making our workplaces more LGBT+ Inclusive
Steps to creating LGBT+ welcoming & supportive workplaces as an individual & organisation
Coming Out



06. EXTRA RESOURCES

HSE Good Practice Guidelines when working with the LGBT+ Community
LGBT+ Awareness Sticker
LGBT+ Awareness Card
Local & Regional LGBT+ supports & contact details

Available in-person or online
Available to HSE and non-HSE staff
Free of charge
Train the Trainer programme available
Requests from staff teams and organisations welcome
Emma.whitty@fdys.ie

Access [Poster](#) Here