



Wexford CYPSC Newsletter

7 March 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

► Mental Health Ireland : In person and Online Events taking place

Online for people in the South East (and beyond)

4th March -Mental Health and Family Caring programme- a focus on self care for family members

In person events

5th March- Wheel of Life Vision Boards in **Wexford** Mental Health Association Clonmel

13th March- Mind You Mental Health, Urlingford, Co. Kilkenny

19th March- Social Prescribing Day, Carlow

I would be very grateful if you could please help us to get this information to the right people so they know its available for them. If you can reshare the attached posters on social media, print off the posters and display or forward on this email to those who may benefit or others working with people who may benefit.

Much appreciated all,

Gina Delaney (she/her) ([what's this?](#))

Development Officer

South East/CHO5



<https://www.mentalhealthireland.ie/product/creativity-for-wellbeing-workbook/>

<https://www.facebook.com/South-East-Wellbeing-Recovery>

Email: gina@mentalhealthireland.ie

Mobile 087 835 3925

Recovery College South East, Greenshill, Kilkenny, **R95 YYCO**

FREE

Mental Health & Family Caring: Supporting the Supporters

A five week online programme for family carers and supporters of people with mental health challenges.

Explore:
Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Dates: March 4th, 11th, 18th, 25th, and 1st April

Time: 10.00am - 12.30pm

Booking essential via
the Recovery College
South East

**BOOKING
DETAILS:**

To register
contact
**recoverycollege
southeast@gmail.com**
or **086 1746330**



Create your Wheel of Life Vision Board for 2025



Mental Health
Ireland



Involvement Centre

Join us in the

**Wexford
Mental Health
Association**



WEXFORD
Mental Health
Association

**5th March
10.30-12.30**



What do you need?

This workshop is free and everything will be provided for you, including a copy of the Creativity for Wellbeing Workbook, but if you would like to bring along any images, quotes or pictures to add to your vision board please do

Open to all but places will be limited. Location: Henrietta Street, Wexford, Y35 W406. Enquiries to Imelda, 0874680092 or [gina@mentalhealthireland..ie](mailto:gina@mentalhealthireland.ie)

► Online safety training for staff and volunteers working with young people aged 12-18 years



Connect Safely Programme 12-18 years

Connect Safely is an online safety programme which promotes safer use of digital resources, equipping young people with the skills to safely benefit from being online. It also empowers young people to safely participate in their online communities as positive digital citizens.

The programme is suitable for young people aged 12-18 years. It covers topics such as cyberbullying, privacy settings, screen time and well-being, gaming and gambling, sexting and online relationships. More topics can be seen in the graphic below. The programme can be facilitated in person, online or through a blended approach and can be used in all youth work settings.

Please see [Brochure](#) here for further information

Apply:

To apply for a place on training, please complete the [Online Registration Form](#). Early application is advised as places are limited. Your registration will be reviewed and based on merit, places will be offered. Upon acceptance of a place you will be notified directly by email. Full attendance is necessary to become a trained facilitator of this programme.

Jessica Murphy
Senior Youth Officer Connect Safely
[086 4127292](tel:0864127292)
connectsafely@foroige.ie

► Online safety training for staff and volunteers working with young people aged 8 to 11 years

Connect Safely Programme 8-11 years

Connect Safely is an online safety programme which empowers children with the knowledge and tools necessary to recognise potential online risks, make informed decisions, and take appropriate actions to protect themselves while engaging in digital activities.

It also enables children to explore, learn and connect in meaningful ways within the online environment and seeks to empower young people to harness the full potential of the internet.

The programme is suitable for children aged 8-11 years. It includes the following topics: benefits and risks of the internet, cyberbullying, screen time and well-being, digital citizenship and gaming.

Training : The online training is interactive, using experiential learning techniques to equip participants with the skills needed to facilitate the programme with young people aged 8-11 years.

The training is facilitated as a half-day online session. Details of the training programme are available in the [brochure](#).

Training Outcomes : Following the training, participants will be able to:

- Describe the aims of the Connect Safely Programme.
- List the sessions of the Connect Safely Programme.
- State the outcomes of the Connect Safely Programme for participants.
- Identify key considerations when facilitating Connect Safely activities.

Training Cost : Connect Safely is funded by the Department of Children, Disability, Integration and Youth and therefore is provided to participants free of charge.

On completion of the training, participants will receive a facilitators manual and access to an online portal developed specifically for the programme.

Apply : To apply for a place on training, please complete the [Online Registration Form](#)

Early application is advised as places are limited. Your registration will be reviewed and based on merit, places will be offered. Upon acceptance of a place, you will be notified directly by email. Full attendance is necessary to become a trained facilitator of this programme.

► UG Suicide prevention pilot module findings and Train-the-Trainer EOI communication

As you will be aware the National Suicide Research Foundation led out on the development of the Undergraduate Suicide Prevention Module for Health and Social Care students. The NSRF in collaboration with NOSP would like to invite you to attend an online webinar to share findings from the recent pilot suicide prevention module successfully delivered in October 2024 to undergraduate health and social care students. The event will also provide information about the upcoming pilot Train-the-Trainer programme for those interested in offering this training to their own undergraduate health and social care students.

This seminar will take place on **Monday March 10th from 1 – 2pm via MS Teams** [\[Link to join meeting\]](#) . All are welcome to attend, and we'd be delighted if this information could be shared with colleagues who may be interested.



The banner features a purple background with white and blue text. At the top, the title reads: "Undergraduate Suicide Prevention Module for Health and Social Care Students : Findings of a Multisite Intervention and Launch of a Pilot Train-the-Trainer Programme". Below this, it says: "Join the National Suicide Research Foundation (NSRF) in collaboration with the HSE National Office for Suicide Prevention (NOSP) for a lunchtime webinar." A dark blue box contains event details: "Where: MS Teams", "When: Monday 10th March 2025", and "Time: 13:00-14:00". To the right, under "Speakers to include:", it lists: "Dr. Eve Griffin, CEO, NSRF", "Ms. Ailish O' Neill, Education and Training Manager, HSE NOSP", "Dr. Michelle O' Driscoll, NSRF", and "Ms. Kerrie Gallagher, NSRF". A blue button with white text says "Click HERE to register". Logos for NSRF, HSE, and "Connecting for Life" are in the bottom right corner.

The Train-the-Trainer programme is currently in development, and will comprise of pre-course reading followed by a two-day in-person session at **University College Dublin on Tues 13th and Wed 14th May.**

An optional evaluation component of this pilot training is being planned, to ensure that the course equips academics and mental health professionals with the necessary expertise to deliver suicide prevention education to undergraduate health and social care students.

We have included here an **Expression of Interest (EOI) form** [\[Link to form\]](#) for this programme which is now live, and we would greatly appreciate your support in sharing this information with colleagues, or indeed considering participation yourself. The visual below outlines eligibility requirements, and we will reach out to those interested to arrange a brief online meeting to confirm suitability. **Spaces are limited**, so we encourage early registration of interest.



Train-the-Trainer for Suicide Prevention Education in Undergraduate Health and Social Care

Requirements:

- Relevant suicide prevention expertise or clinical background

OR

- Healthcare academic with an appropriate HSE approved training (e.g., ASIST or equivalent)
- Complete pre-training online learning

Are you interested in delivering suicide prevention training to undergraduate health and social care students?

*Based on the findings of a multi-site intervention, the National Suicide Research Foundation are launching a pilot **train-the-trainer programme** for those who wish to deliver a suicide prevention programme to undergraduate health and social care students*

Spaces are limited!

[Click here to register your interest!](#)

When: 13th and 14th of May
Where: University College Dublin




If you have any queries regarding either the webinar or the Train-the-Trainer programme, please feel free to reach out to Michelle at michelle.odriscoll@ucc.ie or Kerrie at kgallagher@ucc.ie.

Kind regards,
Sarah Hearne

Resource Officer for Suicide Prevention | Oifigeach Acmhainní um Féinmharú a Chosc

Oifig Acmhainní Féinmharaithe Réigiúnach FSS, Bloc Tosaigh, Cúraim Chónaithe Phort Láirge, Bealach Phádraig, Port Láirge X91 KX25

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

087 1091307 | 051 874013 | www.connectingforlifeseast.ie

FUNDING

► Asylum, Migration and Integration Fund call for proposals



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

A maximum of €1.5m will be made available to one or more organisations to provide rehabilitative services and other supports for survivors of torture residing in Ireland. Minimum grant amount of €495,000, over 1-2 years, under Ireland's national programme for the EU Asylum, Migration and Integration Fund (AMIF).

28 February 2025

The Department of Children, Equality, Disability, Integration and Youth today launched a Call for Proposals from organisations capable of providing rehabilitative services and other supports for survivors of torture and victims of cruel and inhuman or degrading treatment. This follows funding provided to 18 organisations in 2023 following a broader Call for Proposals, which was supported by the 2021-2027 AMIF Programme. As a result of these initiatives, the path towards integration of migrants, many of whom have fled very challenging circumstances in other countries, has been made significantly easier.

The Asylum, Migration and Integration Fund (AMIF) is an EU fund that aims to boost national capacities and improve procedures for migration management, as well as to enhance solidarity and responsibility sharing between Member States.

How to apply:

Applicants can access a detailed guidance document and complete an online application form [here](#).

The closing date for receipt of applications is **12 pm on 28 March 2025**

COMPETITIONS & AWARDS

► Wexford Garda Youth Awards 2025

An Garda Síochána in Wexford in association with Wexford County Council are delighted to launch the Annual Wexford Garda Youth Awards for 2025. An Garda Síochána are delighted to be working so closely with Wexford County Council again in presenting these annual awards that acknowledge the brilliance of our young people in our local communities in County Wexford. The launch of these annual awards is to acknowledge the achievements of young people who are making a difference in their own lives and in their communities within the Wexford Garda Division. These Awards acknowledge the endeavours of young people who have faced and overcome challenges in their lives.

As heretofore, awards will be presented in four categories:

- **Individual Award** - Making a positive contribution to their community, making it a better place to live.
- **Group Award** - Group of two or more, making a positive contribution to their community, making it a better place to live.
- **Special Achievement Award** - Overcome difficult circumstances, defied all the odds and whose commitment deserves recognition.
- **Community Safety Award** - Through a crime prevention or safety initiative/innovation, have made their community a safer place to live.

Anyone can nominate a young person between the age of 13 and 21 years for an award. Nominations will be completed through an online process; this is available through the following link:

[Garda Youth Awards 2025 | Wexford County Council](#)

Details of this process will be distributed to schools, youth groups and voluntary organisations right across Wexford in the coming days and will also be available upon request from your local Garda Station, the closing date for nominations will be Tuesday 28th

March 2025. A Judging Panel will decide upon the Divisional Winners, the Judging Panel will also nominate an individual/ group to represent Wexford for consideration at the National Garda Youth Awards. The awards ceremony will take place on Monday 19th May 2025.

If anyone requires further information, they can contact either Inspector Graham Rowley at WW.WexfordSouth.CE@Garda.ie, 053 9165280 or through their local Garda Station.

To access the full [Press Release](#), click here

► Climate Champions Competition for Enniscorthy

Wexford County Council's Climate Action Team are hosting a "Climate Champions Competition" in the Enniscorthy region.

Teams are invited to try out as many climate actions as possible over a two-week period (**March 31st to April 11th inclusive**) to save CO₂.

It is aimed at three categories – community/voluntary groups, workplaces and schools.

Multiple teams from either of the three categories can participate.

To take up the challenge, simply assemble a team of at least five friends and colleagues to try out as many climate actions as possible, which save CO₂ and add to your team score. All you need to do is register as a team leader which will allow your team members to log their actions on the website (from a comprehensive list of possible actions that save CO₂) daily for two weeks using their phone (starting Mon 31st March)

Why not set up a few teams within your school or workplace and create some healthy competition (bragging rights!!) During the challenge, participants can view the leaderboard and keep a watchful eye on the opposing teams - the team that saves the most CO₂ over the two weeks wins!

The closing date to register your team is **Friday, March 21st**. Details of the competition and the team registration link are available [HERE](#)

The whole process is very straight forward but if any team leaders would like additional guidance, the Climate Action Team in association with Global Actic a short explanatory webinar before the competition starts on the March 31st, can be emailed to climateaction@wexfordcoco.ie

Regards,

Climate Action Team

Wexford County Council

T: 053 919 6443 | E: climateaction@wexfordcoco.ie



► Museum of Childhood Ireland: Seeking new members for our Children's Advisory Team



I'm writing to ask for your help in spreading the word about our search for children and young people interested in joining the Museum of Childhood Ireland's Children's Advisory Team.

The CAT was set up in 2023 to advise the museum's management, to make sure the views of children and young people have top priority in the development of our museum. Find out more about the museum at: <https://museumofchildhood.ie/>

The CAT has been meeting monthly for the past year and a half. Mostly we meet on line, but about twice a year we have live meetings, hosted by the Office of the Children's Ombudsman in Dublin (www.oco.ie). We currently have 13 members aged 10-17, but the young people want to recruit new members to broaden our membership and build our strength.

So we want to hear from children who are interested in this idea, and might consider joining our team. We welcome members from all parts of the island of Ireland. Support will be available for those with specific support needs, and travel costs are covered for our face-to-face meetings.

For more information about our team and its important role, and details on how to join, go to: <https://museumofchildhood.ie/we-are-the-childrens-advisory-team/>

There are several ways you may be able to help us:

- If you are in direct communication with children and young people in our target group, maybe you could share this information with them.
- Similarly, if you are in touch with adults working with children (teachers, carers, youth workers etc), could you share the information with them so they can pass it on?
- Alternatively (or as well), we'd appreciate it if you could spread the word via your social media networks. Here is a link to a Bluesky post ready for re-posting:

<https://bsky.app/profile/museumofchildhood.bsky.social/post/3ljqdb2ztc2q>

Please feel free to drop me a line if you want more information.

And thanks in advance for any help you can give with disseminating the call. H

Harry Shier

Children's Advisory Team Convener

Museum of Childhood Ireland

www.museumofchildhood.ie

www.harryshier.net

EVENTS

► International Day of Mathematics is on Friday, 14 March (Pi Day).

This is a great opportunity to engage learners in fun and interactive Maths activities that can be easily incorporated into the classroom, as well as activities that families can enjoy at home. Below are links to some simple Maths-themed resources and activities to help you celebrate:



[Maths Eyes \(Ireland\)](#)



[Maths Week Ireland Maths at Home Activities](#)



[Maths Riddles \(NCSE Ireland\)](#)



[Maths Bingo \(Twinkl\)](#)



[Origami Maths \(Twinkl\)](#)



[Maths Scavenger Hunt](#)



[Storytime Maths](#)



[International Day of Mathematics Poster for Colouring](#)

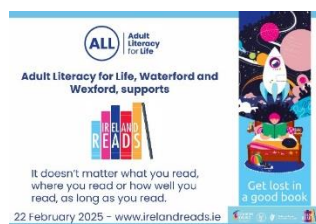


Feel free to **share these resources** with others who may find these activities helpful.

If you have planned activities for the day, I would love to hear about them.

Kind Regards

Edel Finnan



PARENTING

► Supporting Your Child's Transition from Preschool to Primary School - March 2025



The transition from preschool to primary school is one of the most significant milestones in a child's early years. At the National Parents Council (NPC), we are committed to supporting parents and childcare providers in helping children navigate this change with confidence and ease.

We are excited to offer **free online information sessions** to help you prepare for this important transition. These interactive webinars are designed to provide practical advice, tips, and resources to ensure a smooth journey for your child.

Session Dates and Times:

- Monday to Thursday 10am and 7.30pm
- Friday 10am

Why Attend?

Our sessions will empower parents and childcare providers with practical knowledge and strategies, including:

- How to emotionally prepare children for the transition.
- Building resilience and confidence in children.
- Strengthening the relationship between parents, providers and children during this time.

Session Details:

Each session lasts approximately **70 minutes**, including time for an interactive Q&A, where participants can ask questions and get personalised advice from our experienced facilitators.

How to Register:

To join any of these free sessions, simply register using the link below. Spots are limited and will be allocated on a first-come, first-served basis.

[REGISTER HERE](#)