



Wexford CYPSC Newsletter

October 11th 2024

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

► Reminder to Register! Barnardos Plugged In Switched Off Webinar on AI with Children and Young People



Friendly reminder for those hoping to attend - **this event is free and registration is available [here](#).**

The Barnardos Online Safety Programme is excited to invite you to the fourth instalment of our Plugged In Switched Off webinar series on topics of online safety. This year's webinar, **Exploring AI with Children and Young People**, will take place on **Tuesday, 15th October from 10.00-11.30am**.

During the webinar, we will hear insights from the **Barnardos Online Safety Programme** as well as from young people from the **Webwise Youth Advisory Panel** who will give their take on their use of AI and what they feel children and young people need to be aware of. The webinar will be hosted by **Anton Savage**, Broadcaster and Journalist and feature a keynote address from **Dr Susan Leavy** from UCD, a member of the AI Advisory Council of Ireland and an expert on trustworthy AI. We will also hear input from **industry, schools, teachers** and **parents** on how they see the future of AI and how we can support children and young people to understand the benefits and risks of AI and how to explore it safely and responsibly.

[Register here now!](#)

Kind regards,

The Online Safety Programme Team


Barnardos

Because childhood lasts a lifetime

Show your support for Barnardos, please [Donate Now](#) CHY 6015 \ RCN: 20010027

► WLD Training for Community Groups & Young People



WLD is offering free project management training to community centre committees and young people from their area. The training will help participants work together on adding more user friendly spaces for young people in our county's community centres. In 2025, WLD will open to applications for capital funding for young people's projects and this training will prepare you to apply.

Want to know more; we are hosting a short online session on the 16th Oct at 7pm where you can hear more about the training and ask questions. Follow the ['Find out more'](#) link to sign up.



► Healthy Food Made Easy : Tutor Training

Healthy Food Made Easy Tutor Training

November 6th & 13th

9am – 4.30pm

Enniscorthy, Co. Wexford (Venue TBC)

Health & Wellbeing Division are seeking Tutors to deliver "Healthy Food Made Easy (HFME)" courses in the South East (CHO5)

HFME is a six week nutrition education and cooking programme which provides practical information on healthy eating and improves cooking skills by showing participants ways to provide healthy, nutritious, low cost meals and snacks.

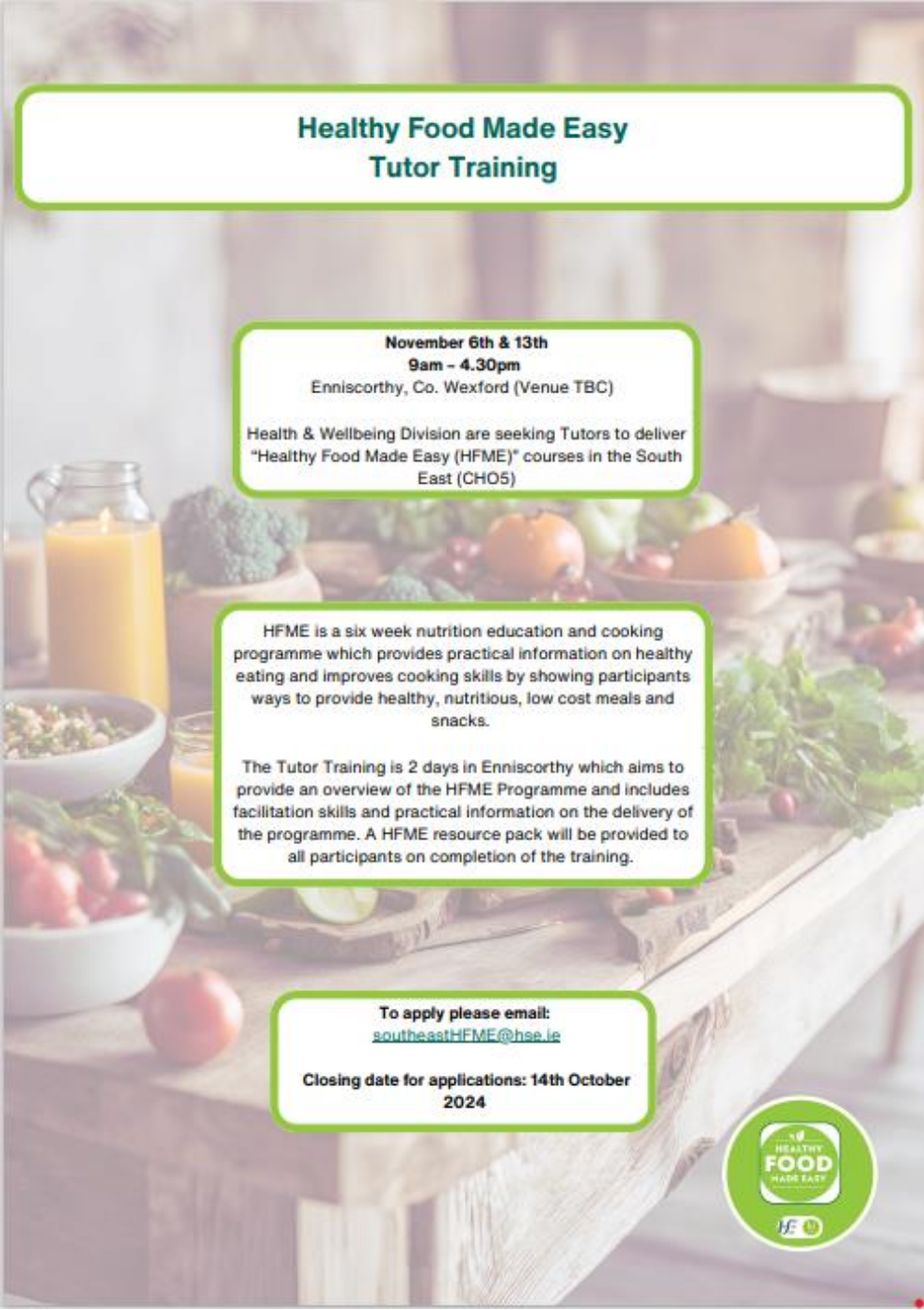
The Tutor Training is 2 days in Enniscorthy which aims to provide an overview of the HFME Programme and includes facilitation skills and practical information on the delivery of the programme. A HFME resource pack will be provided to all participants on completion of the training.

To apply please email:

southeastHFME@hse.ie

**Closing date for applications: 14th October
2024**



A poster for 'Healthy Food Made Easy Tutor Training'. The background is a photograph of a wooden table with various fresh fruits and vegetables, including oranges, broccoli, and tomatoes, along with a lit candle and a glass of orange juice. The text is presented in four white rounded rectangular boxes with green borders. The top box contains the title. The second box provides the dates and time. The third box describes the program. The fourth box provides contact information and the closing date. A circular logo for 'HEALTHY FOOD MADE EASY' is in the bottom right corner.

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Resources

[HFME Tutor Application Form](#)

[HFME Programme Overview](#)

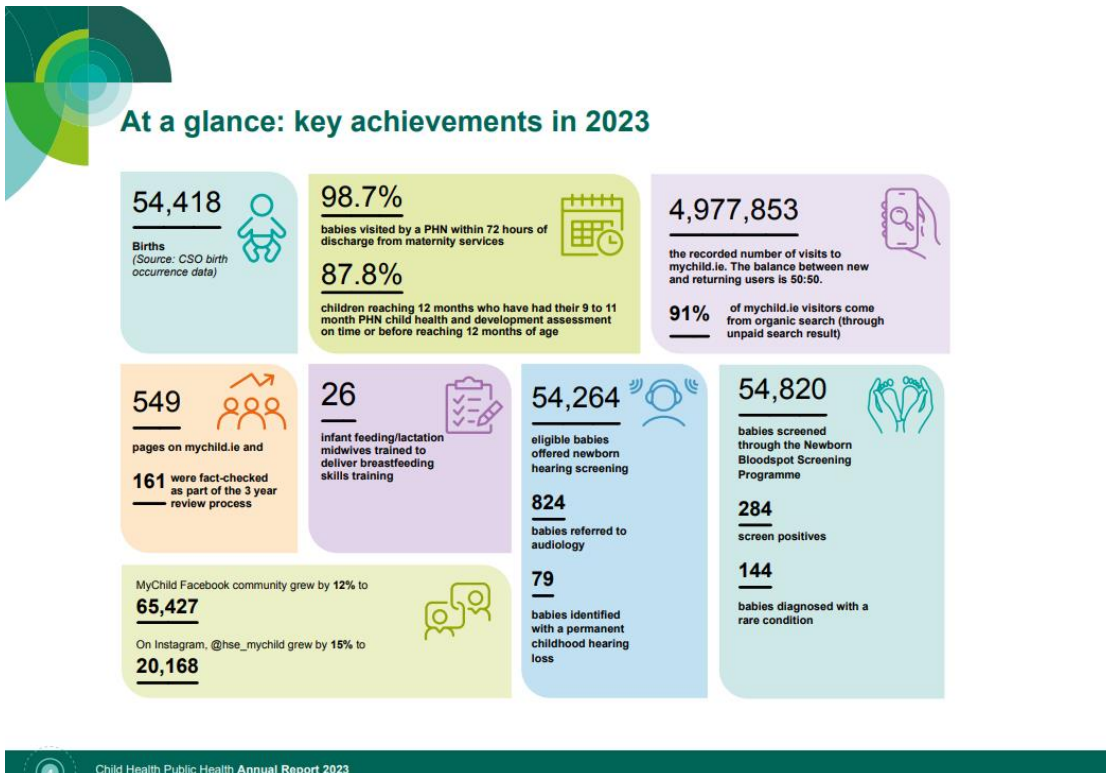
[HFME A4 Poster](#)

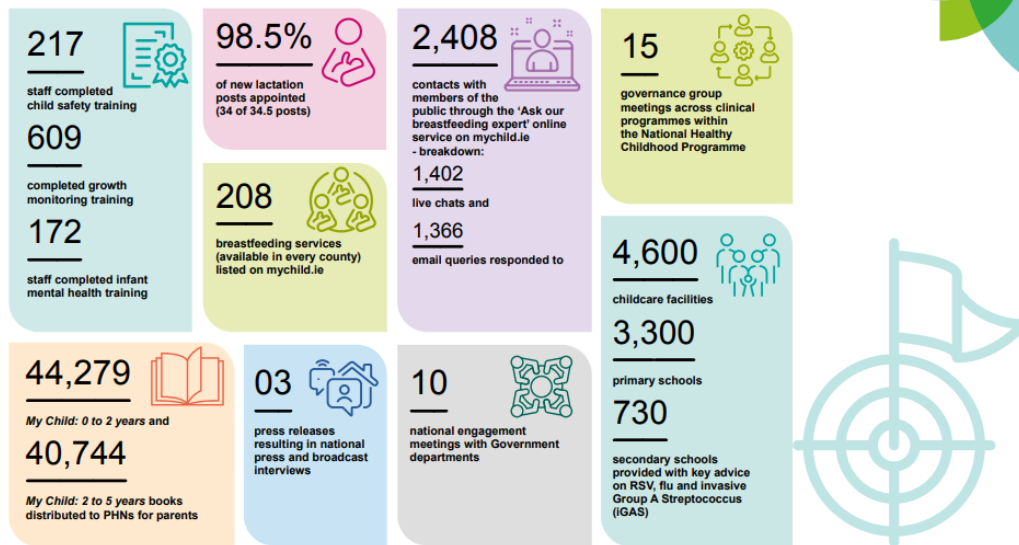
► Time for Me – 6 Week Self Development Women’s Course Riverchapel Hub



REPORTS

► HSE Child Health Report 2023





The National Child Health Public Health annual report for 2023 is now available. It provides a high-level overview of Child Health Public Health.

The report is available to access [here](#).

PARENTING

► Request for information on parenting events taking place during late October/November 2024

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 late October or at any point during November. As with previous months, a selection of these events will be promoted across DCEDIY 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 Friday 25 October to allow time for the DCEDIY Communications team to develop content for sharing across DCEDIY social channels.

You can check across DCEDIY 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 parentingsupport@equality.gov.ie for assistance.

Kind regards

The Parenting Support Policy Unit

► Barnardos Parental Advocacy Webinar series Tuesday 15th

IN CONVERSATION:
**BARNARDOS PARENTAL ADVOCACY &
THE LEGAL AID BOARD**

WHAT?
A live webinar exploring and explaining the court experience in childcare cases - how to prepare and what to expect.

WHEN?
Tuesday, 15th October, from 1pm - 1.30pm

WHERE?
[Click here to join](#)

WATCH OUR SERIES
[Click here to watch the previous webinars in the series](#)

Barnardos
Because childhood lasts a lifetime

An Bord Um Chúnamh Dílthíúil
Legal Aid Board
Providing access to justice since 1979

RCN 20010027

Click [here](#) to join

Click here to watch the [previous webinars](#) in the series

► World Mental Health Day



October 10th 2024, marks **World Mental Health Day**, it is a time to raise awareness of mental health issues around the world and to mobilise efforts to address mental health. **World Mental Health Day** provides an opportunity for all stakeholders working on mental health related issues to talk about their work, and what more can be done to make mental health care a reality for people worldwide. This year's theme is **"It is time to Prioritise Mental Health in the Workplace"**.

The World Health Organisation highlights the vital connection between mental health and work. Safe, healthy working environments can act as a protective factor for mental health. Unhealthy conditions including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life and consequently participation or productivity at work. With 60% of the global population in work, urgent action is needed to ensure workplaces prevent risks to mental health and protect and support positive mental health at work.

Many groups and organisations are hosting mental health promotion events across the region throughout the month of October, please find attached the most recent calendar of events for World Mental Health month collated by Gina Delaney, Development Officer, Mental Health Ireland or visit the Mental health Ireland webpage [Mental Health Month – Mental Health Ireland](#). For additional information and advice on mental health and wellbeing and how to get help for yourself and for others please visit www.yourmentalhealth.ie.

Click here to access the [calendar of events](#) for the South East for World Mental Health Month.

We have included some Key Messages on this year's theme from the World Health Organisation that are detailed overleaf.

KEY MESSAGES

- **Mental health and work are closely linked:** A supportive work environment fosters mental health, providing purpose and stability but poor working conditions can harm mental wellbeing, reducing both job satisfaction and productivity.
- **Workers face risks to mental health:** There are various risks to mental health that workers may face including discrimination, poor working conditions, or limited autonomy. Low paid or insecure jobs often lack adequate protections, leaving workers in these jobs more exposed to psychosocial risks.
- **Impact on individuals:** Lack of support for people with mental health conditions can negatively impact their self-confidence, enjoyment at work, capacity to work, absences and ability to gain employment. Carers and family members are similarly affected.
- **Wider impact on work and society:** Poor mental health can lead to decreased performance, absence from work, and increased staff turnover. Depression and anxiety alone result in the loss of approximately 12 billion workdays each year.
- **Stigma creates barriers to employment:** Stigma and discrimination often prevent people with mental health conditions from seeking help or finding and keeping jobs. Reducing workplace discrimination through awareness, training, and engagement with people living with mental health conditions creates healthier, more inclusive work environments.
- **Supporting workers to participate and thrive in work:** Employers should apply reasonable accommodations to support workers with mental health conditions in the workplace. This means, for example, organising regular supportive meetings, scheduling frequent breaks, gradually reintroducing workers to tasks, and providing storage for medication.
- **Training managers to support mental health:** Employers should provide managers with training to recognise and address stressors in the workplace. Trained managers can effectively support their teams and foster a healthier, more supportive work environment.
- **Government action and collaboration are essential:** Governments, employers, and representative organisations must work together to create policies that prevent

mental health risks, promote wellbeing, and build supportive workplaces where mental health is prioritised.

- **Taking care of your own mental health:** Although governments and employers have the primary responsibility to protect and promote mental health at work, you can take steps to support your own wellbeing. Learn techniques to manage stress and stay mindful of changes in your mental health. If needed, reach out for support from a trusted friend, family member, colleague, supervisor, or a health professional.

Kind regards,

Sarah

Sarah Hearne

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

► **Information Session on Volunteering with HUGG (Healing Untold Grief Group)**



HUGG will hold a LIVE Volunteering Information Session over Zoom on **Thursday 17th October at 11am – 11.30am**. The information sessions provide a brief background on HUGG, and details on everything involved in volunteering with HUGG including what opportunities are available, and what training and supports we offer. Attendees will have an opportunity to ask questions. **This session will NOT be recorded.**

[Register here](#)

HUGG
HEALING UNTOLD GRIEF GROUPS

Have you been bereaved by suicide?

You are welcome to join one of our
HUGG Suicide Bereavement Support Groups
Every second Tuesday 7:30pm - 9:30pm
In person or online.

Our groups are free and led by volunteers who have
been bereaved by suicide.

Volunteering with HUGG

If you're further along in your bereavement journey, you
may want to consider volunteering with us to become a
support group facilitator.

**To learn more about our support groups or
volunteering, please visit our website or give us a call.**

www.hugg.ie ☎ 01 513 4048
(monitored answering machine)

🐦 📘 📷 @HUGGireland

 Connecting for Life

CHY No. 22421. Registered Charity No. 20204480. Company Registration No. 640420

To find out more about the work of HUGG, [click here](#)

YOUNG PEOPLE

► **Call: The Equality and Intercultural programme have an opportunity for minority ethnic young people!**



Are you a minority ethnic young person living in Ireland? Do you think you should have a say on your experiences as a young person growing up? Are you between the age of 12-14? If so, we want to hear from you!

When: Tuesday 29th of October 10:30am-4:30pm

Where: Cork City, venue to be confirmed

The event aims to empower young people and support them through conversations and workshops to explore key themes on the day. Will you join us in person to ensure that young people from diverse backgrounds are listened to and heard? If you would like to be part of this important event, please register below.

Please note if you are under 18 we will require a parental/guardian consent form.

[Register HERE](#)

If you have any questions, please get in touch with Rachelc@nyci.ie

Kind regards,

The Young Voices Team

FUNDING

► DCEDIY Parent Peer Support Fund



The Department of Children, Equality, Disability, Integration and Youth, has launched the 2024/25 Parent Peer Support Fund. The fund is open to organisations working with parents and/or children and young people to facilitate the development of parent peer support projects.

This year, the total funding available has increased to €100,000 and a new tier of funding has been introduced for applicants.

Tier 1 will provide grants of €2,000 to 37 successful applicants who either currently operate, or wish to establish a new parent peer support project.

Tier 2 will provide grants of €5,000 to 5 successful applicants who wish to scale up an existing parent peer support project, which is already having a positive impact on parents.

[2024/25 Fund Press Release](#)

[2024/25 Application Forms and Guidelines](#)

Fund Opening Date : Monday September 30th – Tuesday 29th October

► 2025 Funding for Young People's Spaces



In 2025 Wexford's LEADER Programme will allocate €200,000 to projects which increase access to indoor and outdoor spaces for young people (outside of sports).

To help community centre committees prepare to apply, we are offering a free project management training programme for your committee members and young people from your area.

We will host a short online info session on the programme on Wednesday 16th October at 7pm.

[Sign up to find out more.](#)

Further info available [on our website](#).

wexford 
local development
Forbairt Áitiúil Loch Garman

LEADER
Development led by local communities