



Wexford CYPSC Newsletter

October 25th 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](#)



CONTENTS

Events

P.3 : Launch of the community-led mobility strategy for Enniscorthy

P.4 : End the Silence 2024 – Alcohol Action Ireland

P.7 : National Suicide Bereavement Remembrance Event HUGG

Training

P.9 : Suicide Bereavement Training, Carlow, 7th of November

P.10 : Cycle Against Suicide - 'Understanding Post-traumatic Stress in Children and Teenagers

Funding

P.11 : Local Authority Once Off Small Grant Application for Integration Supports for New Communities 2024

P.12 : The Disability Participation and Awareness Fund 3.0

P.14 : Reminder : Application closing date of Tuesday 29/10/2024 for the 2024/25 Parent Peer Support Fund

Surveys

P.15 : Children's Rights Alliance : We Want to Hear from ALL Early Years Services!

Parent Resources

P.16 : Weaning videos now available on HSE YouTube Channel and mychild.ie pages

EVENTS

► You're Invited: Launch of the community-led mobility strategy for Enniscorthy

When: 1pm to 2:30pm on Thursday 7th November.

Where: Presentation Arts Centre, Enniscorthy, Co. Wexford, Y21X889.

What: The launch of our project's strategy which outlines the key challenges and opportunities identified by participating stakeholders, and presents the CONUNDRUM team's recommended actions for achieving sustainable mobility futures in Enniscorthy.

Please see [flyer below and here](#) for you to consider and share with others in your networks that might be interested. This event is a public launch and is open to anyone to attend.

This event is hybrid and can be attended virtually through the following link:

<https://youtube.com/live/QfGB0tv-QpE>

RSVP for this event is not essential but would be helpful for us to ensure that sufficient catering is arranged for in-person attendance.

With best wishes,

Madeleine (on behalf of the CONUNDRUM team)



C O N U N D R U M

You're Invited Launch of the community-led mobility strategy for Enniscorthy

The CONUNDRUM research team based at University College Dublin and Trinity College Dublin, in collaboration with our partner TASC, are delighted to announce this launch. The strategy is the outcome of workshops, focus groups and interviews with local communities and other stakeholders in Enniscorthy since November 2023.

The strategy records the challenges and opportunities related to mobility experienced by different stakeholders in Enniscorthy. It presents multiple solutions and recommended actions for achieving sustainable mobility futures in Enniscorthy. It is a strategy by the community, for the community to help shape real change.

Date: 7th November 2024

When: 1pm to 2:30pm

Where: Presentation Arts Centre, Enniscorthy

If you have any questions, please contact dean.phelan@ucd.ie

► End the Silence 2024 – Alcohol Action Ireland

End the Silence is Alcohol Action Ireland’s annual week of activities to raise awareness of the issues around parental problem alcohol use. This year's End the Silence is a series of three events on November 5th, 6th and 8th. The events form part of Alcohol Action Ireland’s initiative, Silent Voices, which seeks to raise awareness of the issues arising from growing up with alcohol harm in the home and put forward policy solutions to address these issues.

End the Silence 2024 comprises two live webinars and an in-person event at Dublin’s Mansion House.



Squeezed between the two live webinars, Voices of Hope and Courage takes place on Wednesday, November 6th (7pm-9pm) and is a FREE evening of music and storytelling featuring the mesmerising music of harp and flute duo Celtic Grace. There will be readings from author Aisling Creegan and Silent Voices' Barbara Whelan, while Lord Mayor of Dublin James Geoghegan will open the event. The theme of the evening is the exploration of healing from alcohol harm in the home. It promises to be a powerful and uplifting evening.

Tickets for Voices of Hope and Courage are FREE but places are limited and must be booked [here](#)



End the Silence opens on Tuesday, November 5th (11am-1pm) with the first live webinar, titled Trauma's Ripples Through Time which will take a lifetime perspective of problem alcohol use in the home and discuss the lifelong impacts of Adverse Childhood Experiences (ACEs).

Speakers include psychotherapist and author Dr Richard Hogan of Therapy Institute who will focus on the impact of addiction on child development, Professor Karen Hughes of Public Health Wales who will outline the harmful impacts that adverse childhood experiences (ACEs) can have on individuals' health and well-being across the life course, and Dr Cliona Ní Cheallaigh who is a consultant at St James Hospital.

Book your free spot [here](#)



The second live webinar takes place three days later (Friday, November 8th, 11am-1pm) and is titled 'Breaking the Domino Effect'. This webinar which will be chaired by Caroline Jordan of Tusla, will discuss how early intervention strategies for children can have lasting impacts.

Speakers include Hilary Henriques MBE, who co-founded Nacoa (National Association for Children of Alcoholics) in 1990 while working at St Joseph's Centre for Addiction in Surrey where she championed the need to address addiction as a family illness. The title of Hilary's talk is 'The Nacoa helpline 1990 to 2024'. Psychologist Dr Annemarie Millar will explore child victims' experiences of policing within the context of domestic abuse, with Dr Hannah Todman (Stockport Family Workforce Development Manager), and Fiona Kearney (Familibase) also speaking.

Book your free spot [here](#)

Support our work



If you would like to help us continue to provide authoritative, authentic and - crucially - independent information on alcohol-related issues, please consider donating by clicking on this image or scanning the QR code.



Thank you

► National Suicide Bereavement Remembrance Event HUGG



Each year in mid-November, people who are bereaved by suicide come together globally to honour the memory of those who have died by suicide. As Ireland's national suicide bereavement charity, HUGG is inviting the public to join us for a special remembrance event on **Sunday, 17th November, 2-3pm** at the **Unitarian Church, Dublin (Stephen's Green, D02 YP23)**. The event will also be **streamed live** .

This heartfelt gathering will include readings, poetry, and music, creating a space for reflection, healing, and shared hope. The event will be followed by light refreshments. In addition to the Dublin event, HUGG volunteers will host local gatherings in several locations across Ireland, where people can come together to watch the live stream.

Additional Locations:

- **Buncrana:** Inishowen Gateway Hotel, Railway Room, F93 PPH9
- **Cavan:** Hotel Kilmore, Castletara Suite, H12 F6Y7
- **Cork:** Clayton Hotel Silver Springs, Harbour Suite 8, T12 RD6E
- **Galway:** Clayton Hotel, Eyre Suite, H91 D526
- **Kildare:** Osprey Hotel, Flacon Suite, W91 X40K
- **Limerick:** Maldron Hotel, Shannon Room, V94 EDP4
- **Louth:** The Gateway Hotel, Meeting Room Two, A91 EF88
- **Monaghan:** Westenra Arms, Glaslough Suite, H18 XA97
- **Waterford:** Viking Hotel, Suir Room, X91 Y657

For those who cannot attend in person, the live stream will be accessible here:
<https://bit.ly/SayTheirName2024>

No registration is required. Doors will open at 1.45pm, with the event starting at 2pm.



We kindly ask you to share this event with anyone who might benefit from attending. An [image and copy for social media](#) are accessible here.

You can also honour the memory of a loved one by planting a virtual flower in our [Memory Meadow](#) If you have any questions, please reach out to us at info@HUGG.ie.

Thank you for your support.

Kind Regards,

Arlene Hanratty

Marketing & Administration Officer (Please note I work Mon-Thus 9am-5:30pm)

e: arlene@HUGG.ie t: [\(+353 1\) 513 4048](tel:+35315134048) – **monitored answering machine**

m: [\(+353\) 86 271 4515](tel:+353862714515)

w: www.HUGG.ie

HUGG Support Groups:

Cavan, Cork, Donegal, Dublin, Galway, Kerry, Kildare, Limerick, Louth, Monaghan, Waterford, Wexford, Wicklow and Online (General, Men and Parents)

Registered Charity No. 20204480 **Company Registration No.** 640420

WEBINARS & TRAINING

► Suicide Bereavement Training, Carlow, 7th of November

Suicide Bereavement Training will be held in Carlow, November the 7th from 9:30am to 4:30pm.

To book a place on this course please visit: <https://bookwhen.com/sro/e/ev-seu3-20241107093000>.

This workshop funded by the HSE National Office for Suicide Prevention is for professionals and key contacts who, during the course of their work, come into contact with people who have been bereaved through suicide. It explores the unique needs of suicide bereavement, equipping participants to provide support in the safest and most effective ways possible.

This workshop aims to;

Develop participants' knowledge and understanding of the grieving process

Demonstrate the value of empathy, compassion and humanity and the importance of meeting people where they are at

Enhance participants' skills in supporting people bereaved through suicide.

Please see the [information leaflet](#).

For any queries relating to this training or others please email; trainingsro@hse.ie or phone 051 874013. Please share this information with anyone who may be interested in attending the training.

Kind regards,

Sarah

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

► **Cycle Against Suicide - 'Understanding Post-traumatic Stress in Children and Teenagers**



As part of the development of Cycle Against Suicide's **HELP** Programme with the academic Department of Child and Adolescent Psychiatry, University College Dublin we will continue with our parallel psychoeducational outputs.

On Tuesday, November 5th - 7pm to 8pm,

Prof Fiona McNicholas, Consultant Child and Adolescent Psychiatrist will cover 'Understanding Post-traumatic Stress in Children and Teenagers'.

This one hour session incorporates content on the causes, symptoms and evidence-based approaches which support recovery. Attendance accredits a CPD or Croke Park Hour.

Delivered via zoom, attendance is free. Registration is available at: <https://www.cycleagainstsucide.com/parent-talks/>

This maybe of interest to your members and we would be most grateful if you share details.

Kind regards,

Caroline Lafferty

Chief Executive Officer

**Cycle Against Suicide
Break The Cycle**

Phone: + 353 87 246 5526

Website: www.cycleagainstsucide.com

FUNDING

► Local Authority One Off Small Grant Application for Integration Supports for New Communities 2024



This new small grant fund, is for local groups that are supporting initiatives that prioritise the integration of 'Asylum Seekers , Beneficiaries of Temporary Accommodation and Refugees in Co. Wexford. A range of actions and supports can be applied for under the grant that promote mutual understanding, shared experiences, and social cohesion between refugees, asylum seekers, and local communities by creating opportunities for cultural exchange, dialogue, and participation in social activities in Wexford.

Groups are invited to apply with up to a maximum grant of €500 available – costs can go to a range of actions including, but not limited to, running events, refreshments, small project costs, etc. All expenditure must be vouched and short reports on the actions are required. The process is straight-forward with a brief application form and guidance provided. The Local Authority Integration Team at Wexford County Council are available to answer any questions groups may have regarding this grant.

Closing Date and Further Information :The closing date for applications is 15th November 2024. For further information please contact integration@wexfordcoco.ie

[Fund Descriptor](#) : Once Off Small Grant Application for Integration Supports for New Communities 2024

[Application Form](#) : Once Off Small Grant Application for Integration Supports for New Communities 2024

► The Disability Participation and Awareness Fund 3.0

RETHINK IRELAND

Rethink Ireland is partnering with the **Department of Children, Equality, Disability, Integration and Youth** (DCEDIY) to deliver and manage a €3,500,000 Disability Participation and Awareness 3.0, an eight month fund, to support up to 18 innovative projects and organisations which work to enhance the lives of people with disabilities.

The eight-month Disability Participation and Awareness Fund 3.0 is now open for applications from change-making non-profit organisations focused on supporting people with disabilities, with a key focus on neurodiverse people to participate fully and equally in all aspects of life. This includes social, cultural, arts and sports participation, as well as dismantling barriers, promoting understanding and competence, and leveraging innovative strategies to address the evolving needs of the disability community.

The goals of the Disability Participation and Awareness Fund 3.0 are to support innovative projects or organisations across Ireland to:

1. Enhance community, social, cultural, arts and physical participation of people with disabilities in all aspects of community life
2. Promote disability understanding and competence and awareness of disability issues and matters in the community
3. Support and empower neurodiverse people at community level
4. Build the organisational capacity of impactful service providers in Ireland to expand their services and to support more people with disabilities
5. To increase awareness of disability issues and matters in the community

The Fund offers a package of cash grants from €50,000 up to €200,000, and non-financial supports for up to 18 projects, to help them expand and increase their social impact.

This includes:

- Up to 18 awards ranging from €50,000 up to €200,000* each
- The non-financial supports will include:
 - a place on Rethink Ireland's Accelerator Programme
 - bespoke business and capacity building supports designed in consultation with the successful projects on topics such as strategic planning, maximising your impact, communications, storytelling and fundraising
- Access to Rethink Ireland's networks

* The Rethink Ireland Board will decide how much money to award, which may be less than the amount requested. The final amount of the award will depend on how many organisations are selected.

You can apply to The Disability Participation and Awareness Fund 3.0 via the online [portal](#) from 30th September to 8th November 2024

► Reminder : Application closing date of Tuesday 29/10/2024 for the 2024/25 Parent Peer Support Fund

We wish to issue a reminder that applications for the 2024/25 Supporting Parents Parent Peer Support Fund will close on **Tuesday 29/10/2024**. Any applications received after this date will not be considered for funding.

Further information relating to the fund and the application process is available below.

Goal 2 of [Supporting Parents: A National Model of Parenting Support Services](#) is to promote greater access to parenting support services.

Peer support helps parents, and those in a parenting role, feel more confident in their parenting role. Research suggests parents, and those in a parenting role, are more comfortable seeking support from their peers and that parent peer support projects promote healthy parenting skills, an increased sense of empowerment, and a feeling of belonging. All attributes that positively impact and shape the lives of the children and young people to whom parents provide care.

The Parenting Support Policy Unit in the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) have launched the 2024/25 Supporting Parents Parent Peer Support Fund. This fund is open to statutory, community and voluntary organisations who are 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.

The 2024/25 Supporting Parents Parent Peer Support Fund was launched on Monday 30 September and will remain open for applications until Tuesday 29 October.

The press release and application documentation is available [here](#).

Any queries can be directed by email to parentingsupport@equality.gov.ie, including 'Parent Peer Support Fund' in the subject line.

Kind regards

The Parenting Support Policy Unit

SURVEYS

► Children's Rights Alliance : We Want to Hear from ALL Early Years Services!



The Children's Rights Alliance is currently working on a national campaign focusing on child poverty. As part of this, we want to ensure child poverty is a political priority in the next general election.

Investing in early years is the single most important action a government can take to break the cycle of poverty for children and young people. Access to high-quality early childhood care and education can equal the playing field for children experiencing poverty and social exclusion. However, we know that for many early years services supporting children experiencing poverty, there are a number of challenges that make it more difficult to meet the unique needs of the children and families.

Building on the survey we ran for community and not for profit early years services in the run up to End Child Poverty Week, we now want to hear from **all** providers delivering early years services to children and families experiencing poverty and disadvantage.

We would greatly appreciate your participation in this survey, even if you previously completed the survey in August. We have added additional questions to improve the reliability and validity of the data as well as an additional question on Equal Start.

You can fill out the survey at this [link](#) until 29 October 2024.

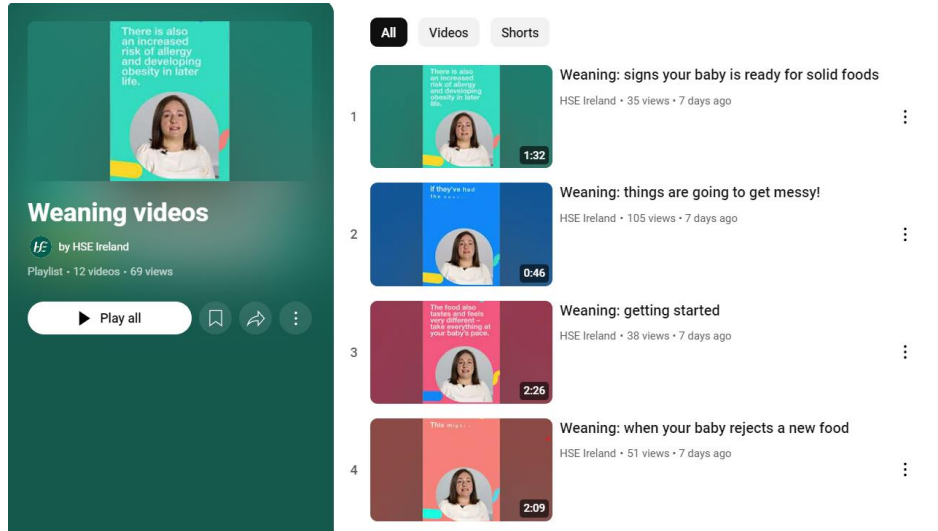
Thank you for your consideration, time and participation.

Kind regards,

Children's Rights Alliance Team

PARENT RESOURCES

► Weaning videos now available on HSE YouTube Channel and mychild.ie pages



YouTube:

Weaning playlist:

https://www.youtube.com/playlist?list=PLsQK32cdMW_yZsGdSaINDghvk2qlez9tM

MyChild playlist:

https://www.youtube.com/playlist?list=PLsQK32cdMW_zTGCqGM9FhUV1Ho3Vz11tI

Mychild.ie

'Starting your baby on solid foods' guide

<https://www2.hse.ie/babies-children/weaning-eating/weaning/solid-foods/>

'Stages of weaning' guide

<https://www2.hse.ie/babies-children/weaning-eating/weaning/stages/>

'Weaning tips' guide

<https://www2.hse.ie/babies-children/weaning-eating/weaning/tips/>

'When a child refuses to eat' guide

<https://www2.hse.ie/babies-children/weaning-eating/allergies-fussy-eating/refusing-food/>