



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
COISTÍ NA SEIRBHÍSÍ DO LEANAÍ & DO DHAOINE ÓGA

Dublin City South
Cathair Bhaile Átha Cliath Theas

2021 report

Over 2021 our response to working within the context of the COVID pandemic and guidelines continuously changed. The uncertainties at the outset of 2021 were somewhat reduced when the success of the vaccinations started to evolve, supporting a return to *some normality* until another variant of the virus dominated again. Each of us were asked to include relevant Public Health advice in all our actions and interactions. The stop/ start nature of delivery and uncertainty as to when we could return to '*normal*' affected us all both personally and professionally. It impacted our services and how we engaged with children; families and work with other service providers. However challenging that was, many of our colleagues in front line services got little or no break in their work responding to the virus and we are cognisant that throughout the year the impact of COVID was for some more personal than for others.

The role of DCS CYPSC is to bring together the main statutory, community and voluntary providers of services to children and young people in the area. Throughout 2021 our work adapted to provide an interagency forum to identify needs of children, young people and their families and respond through delivery of actions in the evolving situation that the impact of COVID in our communities. The CYPSC in Dublin City South has been particularly innovative during the pandemic in the hosting of a series of webinars aimed at supporting parents and children in the community in a range of topics from the importance of play and bonding by parents and children to managing anxieties of children/ teenagers during the pandemic.

The following report outlines the activities that we delivered in 2021, which was always a balance between essential work and frontline engagement with children & families by our partner agencies and responding to ongoing needs of universal service delivery.

On behalf of DCS CYPSC I would like to thank everyone who supported the needs of children, young people and their families throughout the area.

Ní neart a chuir le chéile

Des Delaney

Dublin City South CYPSC Chair

Dublin South Central Area Manager

Des Delaney

Dublin City South CYPSC Chair

TUSLA Dublin South Central Area Manager.

Disability Inclusion and Family Support: Disability, Advocacy & Equality Training, April & May 2021



DCS CYPSC with Disability Equality Specialist Support Agency (DESSA)

- *Disability Inclusion and Family Support: Disability, Advocacy & Equality Training, was a capacity building project aimed to support families experiencing disability by training members of Dublin City South CYPSC working in family support as disability inclusion advocates.*
- *In 2021 this initiative delivered between DESSA and Dublin City South CYPSC was a tailored training programme in disability equality, advocacy and inclusion to DCS CYPSC / partners. 15 participants from services including; DSC Partnership; Star/ Ballyfermot; Dublin City Childcare Committee; TUSLA; Daughters of Charity FS; Family Resource Centre and HSCL supports attended.*
- *The 10 session course provided participants with the knowledge, skills and competencies to support parents of children experiencing disability in empowering themselves to act as their child's advocate.*

In this course included training on the following:

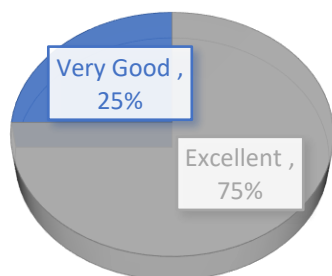
- The basics of discrimination law and disability policy in Ireland
- Perspectives on disability, inclusion and equality
- Skills, knowledge and advocacy principles an effective disability advocate uses
- Inclusion in health and education systems, how they work for disabled children and how to use complaints systems to ensure rights are upheld
- Communication access and inclusive consultation strategies with children
- Skills on how to establish parent peer support structures and enable parents to develop self-advocacy skills
- Concepts of disability, both practically and theoretically.
- Awareness of the barriers, both environmental and attitudinal, experienced by disabled people and identify ways in which these barriers may be overcome.
- Inclusive language and communication principles.
- Disability Advocacy and how it fits into a Human Rights Framework
- Legal rights of children and their families to access mainstream services, including childcare, health and education services.
- UN Convention on the Rights of Persons with Disabilities and its application to supporting disabled children, a named target group within the Convention.
- Special education in Ireland and how to access educational supports.
- Practical knowledge of inclusive communication access and consultation.
- Establishment of parent peer support structure

The course Outcomes

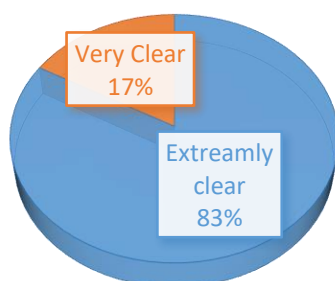
Upon completion of the Inclusion for Families training participants will be able to demonstrate an understanding of the following:

DESSA/ DCS CYPSC Training - Participants Feedback

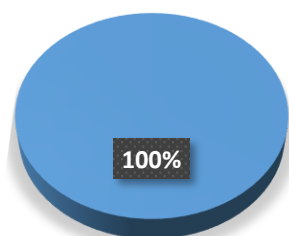
OVERALL, HOW WOULD YOU RATE THIS COURSE



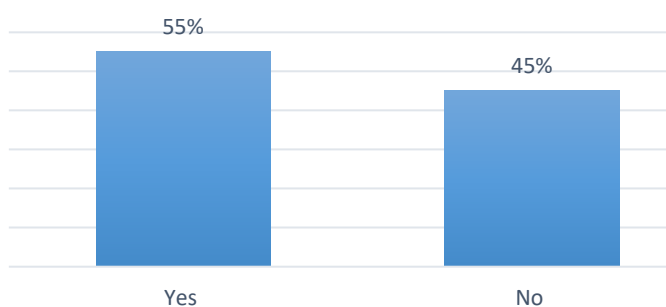
HOW CLEAR WAS THE PRESENTATION OF THE INFORMATION ?



How would you rate the Trainers knowledge of the materials?



Are there topics you would like additional training



Suggested Training Topics

- more training on the new **Assessment of Need(PDS)** structure and if the SIM is

launched in schools on a more widespread basis training on this

- I would like more information on legal options for families whose children have been failed by the state?
- Not as much additional topic as more in depth **exploration and understanding of referral pathways.**
- **Assessment of Need (PDS) - Referral process** - would love to have this tighter. I would like more information on the joint working protocol between CAMHS & schools. Also to discuss MH & Disability collectively

Training Feedback /Comments

- I really enjoyed the course and have been delighted to get a place on the pilot.
- Many thanks to Alice for great facilitation throughout and to Nuala for organising the training, it was a very worthwhile and valuable training.
- The course was very well facilitated, and the information was extensive.
- Really interesting course. Very informative, and useful.
- Thank you so much for this training. It was really well presented with wealth of knowledge on the topic from the trainer.
- Professional and knowledgeable trainer Mix of professionals with different experiences in attendance
- Great course. I think CYPSC could play a key role in advocacy and info provision here too and support providers etc to do same
- To be more informed of the rights and entitlements and to ensure that we do our best to serve all in our community regardless of disability
- **Alice was superb** in how she prepared and delivered content. So knowledgeable and facilitated discussion that was beneficial to all. Thank You!
- **Alice was a wonderful tutor.** I really enjoyed this training
- It was a joy and a privilege to be involved. Thank you for the opportunity.
- Myself and my colleague have already fed back to our organisation around policy changes.
- There was a good mix of people, the course was well presented and was informative and enjoyable.
- Fantastic training, thank you for the opportunity :-)

Non- Violence Resistance NVR webinar with Dr Declan Coogan

'Reconnecting and Adapting with NVR'

Online webinar with Dr Declan Coogan - Lecturer & Research Fellow, with UNESCO Child & Family Research Centre / School of Political Science & Sociology in NUIG.

- *It is important to reconnect with NVR practice; how and why we deliver supports to children, young people and their families to support the relationship rebuilding/ reconnecting. Also to think about how we can adapt the delivery of our NVR in the context of the 'current' / continuous lockdown and when we come out of it and the gradual returning to 'normal'.*
- *Guidelines for facilitating NVR support in the time of the COVID 19 crisis*
- *Telephone / on-line NVR related contact provide access to support for parents/ carers where there may be no other support available. It is advisable that the same practitioner works with a parent/ carer for the duration of the NVR on-line/ phone support.*
- *There have been requests for protocols for NVR trained practitioners so that we can provide NVR support over the phone and/ or on line during this national health emergency. This has led to the development of some guidelines for using NVR over the phone/ on-line when working with families.*
 - *Guidelines have been developed in consultation with Parentline (www.parentline.ie) and with members of the steering committee of NVR Ireland. The guidelines compliment but do not replace any information provided by employers or professional/ registration bodies. These are interim guidelines focusing on some of the issues NVR trained practitioners can consider when providing remote/ on-line NVR support for parents during the COVID 19 crisis.*

ASIAM Workshops Autism Acceptance and Inclusion Programmes



DCS CYPSC hosted 2 Staff awareness workshops for services in DSC area, Community, Voluntary & Statutory with ASIAM / Autism Charity content included

What is Autism? And What is it Not?

- *Building Empathy for the Autism Experience*
- *Supporting Communication*
- *Supporting Sensory Processing*
- *Supporting Social Interaction & Social Imagination*
- *Supporting Self- Regulation & Anxiety*

Attendance included; School Staff; HSCL & SCPs; TUSLA Staff ; C&V Sectors; Childcare /ELC; Family support / Family resource Centres & Disability Services (C&V).

Feedback

- *The webinar by ASIAM today was fantastic! Thanks so much for organising it. I benefited from it hugely*
- *it was a fantastic presentation. I learned new information yesterday, especially around preferred names of diagnoses and class types. Presenter was excellent*
- *Thank you so much for sharing and organising the workshop. Presenter was fantastic and I thoroughly enjoyed it...a huge amount of learning in it for me!*

HSE Progressing Disabilities Programme workshop

DCS CYPSC Facilitated HSE Progressing Disabilities Services (PDS) to present on the implementation plan for PDS.

This outlined

Objectives of the **Progressing Disability Services** for Children and Young People programme

- ***An integrated access pathway with Primary care to provide clear signposting to & through the appropriate services***
- *One clear pathway to services for all children with disabilities according to need*
- *Effective teams working in partnership with parents*
- *Resources used to the greatest benefit for all children and families*
- *Health and education working together to support children achieve their potential*

The vision for children's disability services

- Easy access to the services children need
- Fairness in providing services
- Families, health services and schools working together to support children in developing their potential

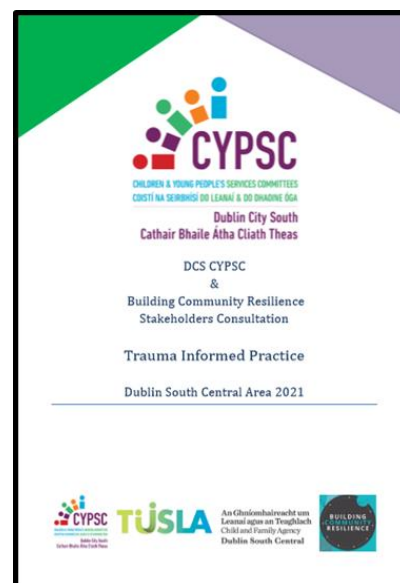
TRAUMA INFORMED CARE

TRAUMA Informed work / 2021 Consultation with Building Community Resilience

The aim of the consultation was to explore with key Stakeholder their knowledge and understanding of *Trauma Informed Practice* in order to plan for future work. The findings clearly demonstrate that services are aware of and interested in the practice. At all levels of service people want a deeper understanding of what it means to their work and how it can support the children, young people and families in the Dublin South City Area.



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Child and Family Agency
Dublin South Central



Trauma Informed Workshop 5th November 2021

Over 500 people registered for the DCSCYPSC / TUSLA DCS & BCR hosted webinar with [Jonny Matthew](#), a highly-regarded inspirational leader in the field of trauma-informed practice. – TRAUMA RECOVERY MODEL. The purpose of this event is to set the ball rolling in bedding down a trauma-informed approach in Dublin South City. Over 500 people registered for this event.



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Parenting Webinars 2021

Following on from the 2020 Parents support webinar, ***A Play-filled Pivot Supporting Children, Families and Ourselves When Everything is Different***. DCS CYPSC hosted 2 further **Parenting Webinars** with psychotherapist's Joanna Fortune and Janet Healy were held to explore the particular challenges parents & carers are experiencing in response to the COVID restrictions for their children, *tweenager and adolescence*, blending a conversational-style presentation and a live Q & A format. Over 250 attendees were registered on each of these webinars, in March & May 2021.

1. Transformational Transitions: COVID-19 and the Tweenager

Pre-adolescence, often referred to as the “tween” years (defined loosely as the years between eight or nine to twelve) is a time of monumental shifts in your child’s physical, cognitive, emotional, & social development. It’s a time of growing independence but it can also be scary for kids. So while it’s completely normal for your child to start turning away from you and relying more on friends, kids this age are still very much in need of parental support and guidance—even when they tell you otherwise! In order to help, it can be really useful to understand how your preteens and tweens are changing both inside and out. In this live webinar, psychotherapist’s Joanna Fortune and Janet Healy* will turn a curious eye to the Tweenage experience in the time of COVID-19, offering insight & a playful encounter with this most interesting of developmental stages in the life of a child. Together we will explore the trials, tribulations and jublations associated with the Tweenage years - characterised by significant psychological, physical, emotional and relational changes - with a special focus on supporting a child’s transition from primary to secondary school, and how a playful and play-filled approach to parenting can help to weather the storm.

Feedback

- *This is an excellent seminar. Perhaps this might be published online or summary points? Thank you and Joanna for your guidance and insights*
- *Thank you for a brilliant presentation lots of ideas to think of and do with the kids*
- *I really have gleaned a lot of hope from your talk that I am being as present and playful as I can, so I hope this is for the better for my children, their mental health and development.*

2. Teen, interrupted: Parenting through Adolescence, COVID-19 and Beyond

After more than a year of governmental restrictions and and ‘lockdowns’, the rollout of a national Covid-19 vaccination programme has seen the introduction of a phased easing of restrictions. For teenagers, restrictions have meant months of virtual learning, more time isolated from friends, and the cancelling of important social activities like sports, school performances etc. Indications are that teenagers have borne the brunt of the burden of the pandemic where major disruptions to their lives and their relationships has come at a time when social interactions are of paramount importance, engagement in the social environment is understood to be critical for brain development, the development of self and general wellbeing. At an age when they are biologically predisposed to seek independence from their families, teens have been trapped at home. Resilience and

recovery in adolescence and in a post-pandemic world is about more than bouncing back. It is about adapting. Parenting through uncertainty is frightening, but knowing that you're not alone to figure it out can bring comfort. Psychotherapist's Joanna Fortune and Janet Healy delivered this live webinar reflecting on the year that's been, and explored the ways in which you can support your teen in the weeks and months ahead.

Feedback

- *Brilliant course. Thank you both so much*
- *thank you so much. I found this hugely informative and have taken pages of notes!*
- *excellent ladies, loads to take away from this. Thanks.*

Workforce Support Webinars

Following the the 2020 workforce support webinars. DCS CYPSC hosted 2 further **Webinars** with psychotherapist's Joanna Fortune and Janet Healy.

1. *Playful Pedagogies (Education): The Importance of Building and Sustaining Relational Connections through Play in the Classroom*

The global Covid-19 pandemic over the past 15 months has radically transformed schooling as we know it, shutting down traditional face-to-face educational settings from one Lockdown to the next, forcing children, teachers and parents to struggle with an entirely new world of virtual learning. Understanding the impact that the global pandemic has had on school populations at a time when educators and school support staff have been asked to demonstrate their resiliency, creativity, and flexibility as they continue to support their students during period of stress and uncertainty, is critical as a means of assessing the emotional and psychological needs of all. As we approach the holiday period, and anticipate brighter days ahead as reflected in the loosening of Government restrictions and in the continuing rollout of the Covid vaccinations programme, we will reflect on a year and a half like no other, turning a curious and playful eye to the impact of Covid-19, and its effect on the behaviour, mental health and wellbeing of children. For some children and young people, managing the transition back into school in September might be the most challenging aspect they face, where something that has always been a constant in their life - school - has become transitory and their relationship with school may have become fragile. Early Years and Primary school educators play a vital role in supporting children's mental health – teaching them the skills they need to recognise and deal with their emotions, and helping those with difficulties get the support they need. In this webinar, we will also introduce the practice and principles of Theraplay®'s Sunshine Circles - a classroom based modality of play therapy used to build and enhance attachment, self-esteem, trust in others, and joyful engagement in the classroom, incorporating playful, cooperative, and nurturing activities that enhance the emotional well-being of children (and adults!) of all ages.

2. Hidden Burdens and ‘Ghosts in the Nursery’: Understanding and Responding to Intergenerational Transmission of Trauma, and the ‘COVID Effect’

Researchers and clinicians have become increasingly aware that the effects of trauma suffered by one generation – whether individual or collective trauma – are passed on to subsequent generations. While the response to trauma varies from person to person, traumatic experience can interfere with an individual’s sense of safety and self-efficacy, navigation of relationships and capacity for emotional regulation. As COVID-19 continues to disrupt education, support services and life across the country, children, young people and families with complex needs are exceptionally vulnerable to the impact of the pandemic, and the reactivation of the epigenetic and relational ‘ghosts’ associated with intergenerational trauma. This webinar will introduce attendees to the intergenerational transmission of trauma as viewed through the lens of neurobiological, psychoanalytic, attachment, and systemic theory, identifying and exploring ways in which we can use the therapeutic power of our playful presence as professionals, to support and enhance the capacity for relational healing in our work with families where traumatic experiences from the past loom large in the here-and-now.

Domestic Sexual Gender Based Violence 2021

2021 Women's aid Domestic Violence Awareness Training

DCS CYPSC/ Women's Aid Domestic Violence Awareness 3 x ½ Day Training(s).

This training give participants an increased understanding and information regarding:

- *How to Recognise*
- *How to Respond*
- *Referral information*

Participants included staff from; Local Community Development projects; SCP; HSCL; Addiction services /supports: FRCs; DCC: Partnership Company; TUSLA Staff and Youth services

The Impact of Domestic Violence & Coercive Control on Children & Young People webinar

On 26th November 2021

DCS CYPSC/ TUSLA Dublin South Central hosted this webinar.

Over 500 people registered for this webinar.

Opening – **Conor Rowley Assistant Sec. DCEIDY** & Launch of [DCS CYPSC DSGBV Professional Support Services Guide](#).

- *An Garda Síochána – National Protective Services Bureau*
- *Dr Emma Katz (UK) – **The impact of Domestic Violence & Coercive Control on Children & Young People***
- *Aine Costello –Barnardos Ireland*
- *Professor Stephanie Holt TCD*

Copies of presentations available from www.cypsc.ie/safe-protected-from-harm/the-impact-of-domestic-violence-coercive-control-on-children-young-people-webinar

The impact of Domestic Violence & Coercive control on Children & Young People

Webinar: 26th November. 10am - 12.30pm

Dublin City South CYPSC & TUSLA Dublin South Central are hosting a webinar focusing on the impact of Domestic Violence & Coercive Control on Children & Young People. The aim of the event is to raise awareness and develop understanding of the impact that Domestic Violence/Abuse & Coercive Control has on Children & Young People. The event will be online via Zoom and open to all those interested in learning more about this negative effect.

With presentations from

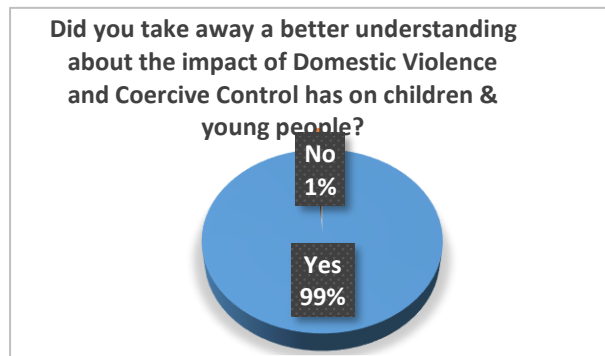
- An Garda Síochána, Garda National Protective Services Bureau (GNPSB) - Domestic Abuse Intervention & Policy
- Key note address: **Dr Emma Katz Senior Lecturer in Childhood & Youth, Liverpool Hope University UK** - The Impact of Domestic Violence & Coercive Control on Children & Young People
- Aine Costello, National Coordinator for childhood domestic violence and abuse project at Barnardos Ireland
- Professor Stephanie Holt, TCD Head of School & Course Director, PG Dip in Child Protection & Welfare

REGISTER NOW

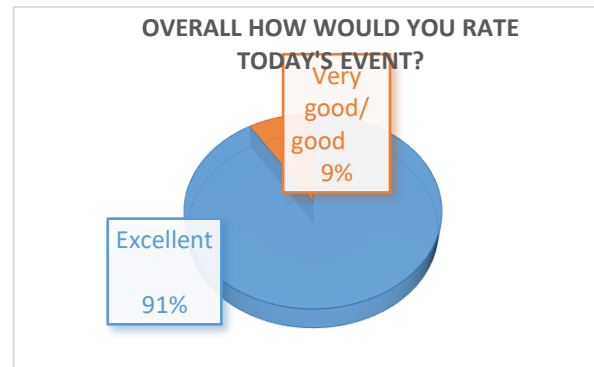
The poster features a red background with a stylized sun icon in the top left corner. At the bottom, there is an illustration of diverse people in a group, representing children and young people.



Event Feedback



I really enjoyed the Webinar and found it very informative with some really good speakers. Well done on a great event. - SW NMH



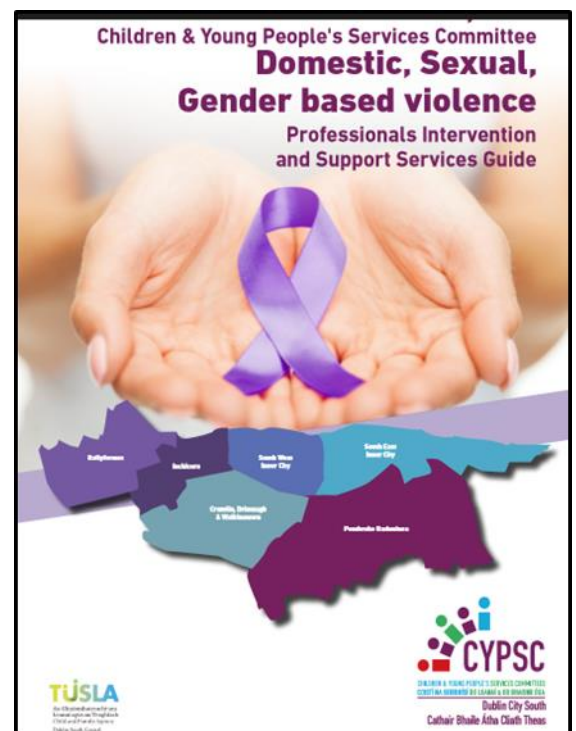
Many thanks for the links – it was a fantastic event from start to finish! Well done. I will be sharing the learning with colleagues.

Addiction Services HSE

Dublin City South CYPSC publication Domestic, Sexual, Gender based Violence, Professional Intervention & Support Services Guide.

The purpose of this guide is to provide a resource to support professionals who work with children & families to understand and recognise the signs of Domestic abuse, and to support appropriate referrals or recovery as appropriate.

[Link to guide](#) on CYPSC.ie



Healthy Ireland Programme Round 3



Rialtas na hÉireann
Government of Ireland



government supporting communities



Ballyfermot
Chapelizod
Partnership

'Building an inclusive community'

'The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs'

Action 1 3x 3 day Theraplay training Sunshine Circles + 1 day Supporting Families in Homeless Services – Targeted Trauma informed training.

Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: **Structure, Engagement, Nurture, and Challenge**. Theraplay sessions create an active, emotional connection between the child and parent or caregiver, resulting in a changed view of the self as worthy and lovable and of relationships as positive and rewarding.

Group Theraplay: Creating Cooperation, Connection and Community for Children in Groups

Group Theraplay training is for professionals who want to use Theraplay in classrooms, day care, residential settings or with family groups.

A Theraplay Group is an adult-directed, structured play group that incorporates playful, cooperative and nurturing activities that enhance the emotional well-being of children. Unlike other play group approaches, Theraplay learning takes place on a non-verbal level. Instead of talking about positive social behaviour, the group leaders and children DO positive social interaction. Positive messages from the group interaction gradually become a part of the child's internal sense of self.

Why is Theraplay good for children in group settings:

- Creates an atmosphere that is warm, nurturing, engaging and challenging
- Meets the basic needs of children so they can be freed emotionally to explore their world
- Engages hard-to-reach children
- Brings fun and exuberance into the lives of children
- Builds healthy relationships among individuals in a group
- Places emphasis on cooperation between children
- Encourages children to learn and practice self-control
- Enhances trust of others through concrete, personal and positive experiences
- Helps children with regulatory disorders and tactile issues
- Simultaneously addresses cognitive, social and emotional development

Training Content:

- Principles of attachment theory on an intellectual and experiential level
- The Four Dimensions of Theraplay for child development
- How to quickly assess which of the dimensions a particular child might need
- Strategies for incorporating Theraplay in daily interactions with children
- The importance of touch for children's well-being and regulation
- The effects of complex trauma on a child's brain and behaviour
- Applying Theraplay principles to children's groups
- Adapting Theraplay Groups to different populations
- Leadership skills for implementing a Theraplay group
- Addressing resistant behavior within the Theraplay group
- Experiential practices of both being a participant and a leader
- Strategies for successful implementation

Learning Objectives:

- Describe the four dimensions of Theraplay, a modality of play therapy
- Apply Theraplay play principles to group treatment
- Develop play therapy skills in using the group rules and group techniques through practice
- Demonstrate how to adapt the use of group Theraplay, a modality of play therapy, with various populations
- Describe how nurturing and regulating physical connection can assist a child to feel calm and more organized in a play therapy group setting
- List three effects of complex trauma on a child's brain and behaviour
- Techniques for managing resistance and problem situations in play therapy groups
- Materials and activities that are appropriate for the group Theraplay model
- Essential strategies for successful implementation

Training took place 3x3 days in July; September and October 2021. There were 16 places on each 3 day course a total of 48 places. Each participant received a Certificate from the [Institute of Theraplay©](#) (TTI)

As part of this 3-day training the trainers and psychotherapists Joanna Fortune and Janet Healy added 1 day 'bespoke' to include a trauma focused day for attendees / organisations working with children/ families who are homeless. Theraplay's status as an evidence based model (SAMHSA 2017¹) that is, embedded in attachment and trauma theory made it the ideal framework for this project. If "*home is feeling connected and safe*" and we know that play fuels connection, this training brought trauma-informed play to the forefront with these services/ supports. This also allowed to recognise that parenting is about connection and we know that the parent-child relationship is the most powerful and influential element for change in outcomes for children's lives. As an evidence-based, attachment and trauma informed, relational, play-based therapeutic model, responding to Homeless children & families, Theraplay is the perfect fit! In effect the 3 day training allowed us to deliver 2days that were the TTI training and 1 day reflective training on how to support this targeted group of children.



The concept and delivery of this *Group Theraplay training+* (1 added day), was developed and implemented in all this training work (3 courses in 2021; 2 courses in 2020 (80 training places total)). An evaluation of the implementation of this, was made by the trainers/ Psychotherapists and a chapter was written up and submitted to The Theraplay Institute© for adoption by them in support of Homelessness Trauma Group work training. *We are pleased that TTI have agreed to adopt this as part of their Training practice for this targeted support – 2022.*

¹ Substance Abuse and Mental Health Services Administration, USA has rated Theraplay "effective" (highest rating) on the National registry for Evidence-Based Programs and Practices

Action 2

Early Learning Initiative

Activities include building on ELI's core programmes

- *Home Visiting and Parent Support - positive home environment through playful learning interactions.*
- *Literacies – improving social, language, coding and thinking skills.*
- *Educational Guidance - accessing further education and career opportunities.*
- *Capacity-Building – Training and Mentoring support quality practice*

Over the course of the activities the programme

- Provided Baby Massage training to 3 Home Visitors in order to implement with *Fathers*
- Provided Baby & Toddler Yoga Training to 5 Home Visitors in order to implement with families
- Run 1 course of baby yoga and 1 toddler yoga with disadvantaged parents, (with specific target of including fathers)

Father Involvement events 2 online events specifically aimed at engaging fathers in their child's learning and development

- 2 STEM events that catered to engaging fathers and other male role models in the families were completed throughout the 2020-2021 academic year. Both events ran via Zoom due to COVID-19 restrictions.

One event focused on teaching the families how to create a working solar oven through materials funded by Healthy Ireland. 8 families engaged in this STEM workshop. The post programme evaluations were completed online, and we gathered the evaluations from all eight families. The feedback received from the post programme evaluations was very positive. All the parents and children that participated, reported that the workshop was enjoyable and 88% n=7 of parents found the workshop made them want to be more involved in helping their child learn STEM.

Baby Food Workshops

- 2 online workshops in family HUBS preparing baby food This element did not take place as planned. A baby nutrition booklet was produced as part of the weaning/ baby food preparation course. Families in the Homeless hubs were given the booklet and supporting in using it by the ELI Home Visitors who attended the Baby Food Made Easy training.

A list of the key learnings from the training are below.

- The amount of milk feeds a baby should be having based on their age
- The appropriate age for when babies are ready to eat food other than milk
- How and when to introduce new foods into a baby's diet
- Allergy tips for when preparing easy food.

The two courses were completed and ran in February 2021. An additional follow-up session was completed in April 2021. 14 families attended the two virtual weaning courses and were sent an online post-programme evaluation. Four evaluations were completed, and the feedback was incredibly positive. 100% of participants reported having a better understanding of the process of weaning and reported gaining confidence in how to approach/continue their baby's weaning journey. When asked in the evaluation what further support is needed, a parent mentioned having a third session to put what they learned into practice and raise more questions with the facilitators. Based on the feedback provided, a follow-up session was organised and three of the families attended. One family completed an evaluation for the follow-up course and found the follow-up session to be helpful and allowed them to discuss their questions/issues with weaning. The participant also mentioned that having the PHN at the session was beneficial.



Action 3

Focus Ireland - Working with Focus Ireland to procure, vouchers for centre based activities for older children, teenagers, youth and young adults who are in homeless accommodation.

The target group is youth / young people to provide them with access to activities that they can attend independently. This not only supports their physical (and the thereafter link to emotional support) it also allows them a certain level of independence / development that is important at this age. The activities included passes for the Epic Museum; Crokepark Skyline; Aquazone; Awesome Walls; Jump Zone and Zip it.

In 2021 These activities were greatly impacted by COVID restrictions.

Action 4

School Street Family Resource Centre - Supporting a community based response to teen self-harm due to trauma in Dublin South City, led by School Street FRC delivered through School Street; Ballyfermot and St Andrew's Resource Centres.

This project aims to deliver a community based response to the issue of teens at risk of self-harm recognising the spectrum of self-harm which can range excessive exercising to dangerous behaviour, eating disorders and substances abuse.

The project will include;

- Development of an Awareness programme
- Promoting the Awareness Programme
- Delivering the Awareness programme
- Contact Family Resource Centres and Youth Service Providers to quantify the uptake on the services. By delivering 218 hours of fully accredited teenage/young adult teen therapy over 6 months referred by 3 separate FRC's covering the catchment area
- Compiling feedback
- Follow up on uptake in the services provided by FRC's and Youth Service providers

Community Mental Health Funding



'The Community Mental Health Fund, supported by the Department of Health'.

Jigsaw Community Champions Project

To develop a new, innovative community-based pilot programme to train, build the capacity of, and support community-based youth mental health champions to increase their own mental health literacy and that of key target groups in the community.

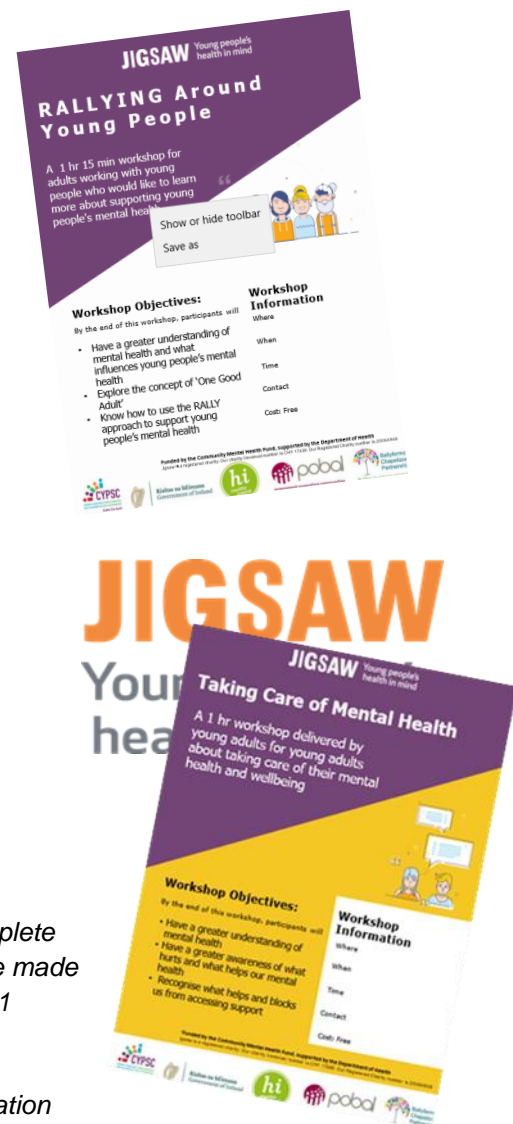
Who is involved?



- DCS CYPSC; Funding through Ballyfermot Partnership & Pobal
- Jigsaw Youth Mental Health Promotion and Youth Participation Teams
- Jigsaw Services – Dublin city, Dublin 15, Wicklow, Meath and Donegal²

Activities

- Consultant Community consultation with both target groups complete
- Report recommendations applied and adaptations to programme made
- Proposal Trainer recruited to complete the project by end of 2021 resubmitted and accepted by CYPSC & Pobal
- Champions recruited from 5 Jigsaw Services
- Workshops for Adults and young adults co-developed in consultation with champions



² Due to COVID challenges Jigsaw services nationally were piloted, rather than DCS services

- MHP training and quality assurance process near completion
- Promotion and recruitment for MHP workshops

Evaluation /Research and Project completion Q1 2022

Sláintecare
Right Care.Right Place.Right Time.

Community Resilience funding / Keeping Well Campaign

The KEEP WELL campaign is an initiative of the Government of Ireland with funding from the Healthy Ireland Fund and the Sláintecare fund delivered by Pobal. DCS CYPSC Supported by Ballyfermot Chapelizod Partnership
Funding was divided between 2 Projects

1. Sensory Strategies

Dublin City South CYPSC through Healthy Ireland / Sláintecare funding, made available a range of sensory materials to services working with children & families in the Dublin South city area. Sensory materials are particularly beneficial for children with additional needs or those diagnosed with a disability to help regulate emotions /moods such as anxiety, frustration physical energy or tension. As this cohort of children & families have been impacted greatly by the COVID restrictions, disruption in accessing activities / supports. These materials are targeted specifically to support children's self-regulation, allowing manage their emotions, behaviour and body movement.

Materials Distributed

- Lap Weight**
1kg weighted lap pad which provides downward pressure to upper thighs while the user is in a seated position
- Helps stabilise fidgeting legs.
- Stretch-eze**
Band offers full pressure during movement – Exercise for individual use. Offers enhanced motor control and coordination by activating bodycentre awareness.
- Creates a calming effect.
- Body Sock**
User become enraptured as they explore the three dimensional space they occupy, encouraging creative movement. Lycra material is translucent so user can see the shapes being created around them.
- Provides spatial awareness through balance and resistance.
- Gym Therapy Ball**
play ball for children aged 3 years +. The heavy duty inflatable vinyl ball. Versatile uses in support of body movement
- Physio roll**
'Peanut' Shaped / double ball offers a stable base for balance and strengthening work.
-Supports balance and coordination.
- Move your body Fun Deck**
Movement cards in a storage Tin.Fun and colourful card characters that provide a variety of movement activities and skills.
- Improves children's strength, balance and coordination
- Therapy Ball Activities Fun Deck of cards**
Fun deck of cards direction or therapy ball activities which address a range of therapeutic goals.
- Supports upper body and core strength, motor planning, visual perceptual skills, fine motor skills and sensory input.
- The Go Yogi! Card Set**
Colour coded cards based on emotional and physical benefits of the pose. Includes booklet with instructions.

- Improvement to strength & flexibility concentration and achieving greater wellbeing.

9. Set of Four Thera putty Tubs – resistance soft to firm & Theraputty Exercise & Information booklet

Designed to meet a range of strengthening needs. Exercise is used for physiotherapy and occupational therapy

- Strengthening hand grasp.

2. Family Support through Barnardos, Rialto & Cherry Orchard

Through Barnardos Rialto & Barnardos Cherry Orchard work with children and families in marginalised /disadvantaged communities this funding provided a range of in home/ outside based resources/ activities. The resources/activities made available helped children and families to do things at home / in the home to make time easier during the lockdown / this restricted period. The supports were very successful and beneficial to a total of 43 families and welcomed by families and staff alike. Staff said **it was a great way to connect with the needs with children & families through support based on this stage of the national COVID response.**

NATIONAL PLAYDAY 2021 – LAUNCHING “SUMMER OF PLAY”!

CELEBRATING ARTICLE 31 UNCRC: ‘THE CHILD’S RIGHT TO PLAY’

DCS & DCN CYPSC Supporting Dublin City Councils’ Summer of Play Initiative

Due to government guidance on public gatherings and physical distancing Dublin City Council were unable to host the annual National Play day 2021 as a live event, however, it was celebrated as National Play Week 3rd to 10th July. Activities delivered by Dublin City Council, supported by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY). NATIONAL PLAYDAY 2021 – LAUNCHED “**A PLAYFUL SUMMER IN DUBLIN**” Once again it was a celebration of UN Convention on the Rights of the child Article 31: **THE CHILD’S RIGHT TO PLAY**

Benefits of play

- Play increases children’s self-awareness, self-esteem, and self-respect
- Play improves and maintains children’s physical and mental health and well-being



250 play packs were distributed through partner agencies in Dublin City south. Each pack contained 5 play items, Bubbles; Frisbees; Yoyo; Skipping rope and pack of Chalk.

- *Play gives children the opportunity to mix with other children, make and maintain friendships*
- *Play allows children to increase their confidence through developing new skills*
- *Play promotes children's imagination, independence and creativity*
- *Play offers opportunities for children of all abilities and backgrounds to play together and develop empathy*
- *Play has a therapeutic value that supports children in dealing with stress and trauma*
- *Play provide opportunities for developing social skills and learning*
- *Play builds resilience through risk taking and challenge, problem solving, and dealing with new and novel situations*
- *Play provides opportunities for children to learn about, understand and respect their environment and the wider community.*

DCC, DCS & DCN CYPSCs supported by the DCEIDY are invited organisations to engage in really putting children's play at the heart of their summer 2021 offers. To Kick-start the **summer of play** DCC partnered with Dublin City South and Dublin City North Children CYPSC provided *Play Packs* to targeted child support organisations and local neighbourhood summer projects in both South and North City. Play week was promoted using the hashtag **#DublinPlay** **#LetsplayDublinCity** There will also be online resources available to support these type of activities e.g. Playday Resource Booklet , Activities and Games with chalk etc.

SUMMER OF PLAY' ONLINE RESOURCES -

[Your Child learning through different Types of Play /HSE](#)
[One Piece of Chalk 8 Games / Active for life](#)
[Come out and Play resource booklet /DCC](#)
[For those rainy days! Virtual Play space resource booklet DCC](#)
[Let's Play Ireland – DCEIDY national Website](#)

'You don't stop playing because you grow old, you grow old because you stop playing' **George Bernard Shaw**

Dublin CYPSC Directory Data Review



2021 GDPR Review the *Directory Data review project 2021* was undertake to ensure the directory's compliance with GDPR guidelines. The project contacted all current directory entries by phone and or email to confirm their information.

Project Stages

A verification tool was developed that will record the compliance contact and date to record

- Confirmation that the service information will continue to be available on this website and held for 2 years unless requested to be removed, or the contact point makes changes to their own information.
- Directions on how to amend service information should be made available to each entry.
- Emails that are not responded to within an agreed period of time will be followed up with by phone.
- All reasonable efforts will be made to contact each entry and records of contact should be maintained.
- Verification and confirmation of details should be sought from a contact point who has the authority to make such decisions on behalf of the organisation

- Any entries without an email address will be contacted by phone, some of whom may need to be called more than once
- Aligned to the service details the position of the individual who was spoken & date of contact will be held as part of GDPR consent.
- At agreed stages of the project a progress report will be generated to each CYPSC confirming service data update from each area.
- A final report on the data review will be submitted upon completion. (Q 1 2022)