

Galway CYPSC

CHILDREN & YOUNG PEOPLE'S
SERVICES COMMITTEE



Transition Year students fielding questions at Tusla's National Youth Participation Conference about Youth-led Research undertaken for CYPSC, 2018

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Volume 1, No. 1 - Feb 2019



About Galway CYPSC

Children and Young People's Services Committees (CYPSC) are a key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland.

Galway CYPSC brings together the main statutory, community and voluntary providers of services to children and young people across the county. It provides a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services.

Currently, the committee is developing its second Galway Children and Young People's Plan. Copies of the 2016—2018 plan are available to download from www.cypsc.ie>Galway.

The Department of Children and Youth Affairs provide policy and strategic direction to CYPSCs through a national CYPSC Steering Group.

The work of Galway CYPSC is informed by 5 national outcomes for children and young people. That children and young people are:

- 1 **Active and healthy with physical and mental well being.**
- 2 **Achieving full potential in all areas of learning and development.**
- 3 **Safe and protected from harm.**
- 4 **Have economic security and opportunity.**
- 5 **Connected, respected and contributing to their world.**

#E-Powering Parents

For
Online
Safety



Online Safety Materials developed to Support Parents

#E-Powering Parents is a training module aimed at empowering parents to keep their children safe online. The module can be delivered as a standalone session or added on to existing parenting programmes. The module supports parents to apply their existing parenting skills to the online environment so they don't have to be IT whizzes to benefit.

The need for these materials emerged during a seminar entitled Keeping Children Safe Online: A Collaborative Approach to Internet Safety organised by the Internet Safety Working Group of Galway and Roscommon CYPSCs in 2017.

Speaking at the event, David Stanton TD, Minister of State with special responsibility for Equality, Integration and Immigration, said that "it is essential for parents and professionals who work with children to educate themselves on the potential dangers of the internet and, in particular, on how children and young people interact with it."

The programme has since been developed, piloted and modularised by the Internet Safety Working Group. See more on the 'Local Resources' page of either Galway or Roscommon CYPSC on www.cypsc.ie.



David Stanton TD, Minister of State with special responsibility for Equality, Integration and Immigration, ILAS Centre, NUI, Galway, 2017

Promoting a 'whole-of-family' approach to Mental Illness

FAMILY TALK

FAMILY TALK is a **NEW SERVICE** for families where a parent (with a child/children aged 5-18 years) has mental health difficulties

**STRONGER
TOGETHER**



If you are working with a family that you think might benefit from the **Family Talk** intervention, please contact Liz Cleary, Senior Social Worker, Galway Adult Mental Health Services: 086 0255812



Services working together to Reduce the Impact of Parental Illness on Children and Young People

Consultations undertaken by Galway and Roscommon CYPSCs in 2015 noted potential for more effective inter-agency and cross-disciplinary collaboration to lessen the impact of parental mental illness on children. A joint CYPSC Sub-group was established and chaired by the Director of Psychology Services, HSE, with the support of the Principal Social Worker in Adult Mental Health. Under the 'Crosslinx West' banner, services have worked to promote family-focused practice and to apply a holistic approach to the treatment and care of parents experiencing mental illness.

Tusla along with HSE Adult Mental Health Services (AMHS) and Child and Adolescent Mental Health Services (CAMHS) are jointly delivering **FAMILY TALK** a 'whole of family' evidence-based intervention for families where a parent has a mental health illness. The initiative is being evaluated by the PRIMERA Centre, Maynooth University.

A training programme focusing on the Impact of Parental Mental Illness has also been rolled-out to professionals working in Galway and Roscommon. The training was developed and delivered by CAMHS, AMHS, Primary Care Psychology, HSE Community Health Medical Services and Tusla.

Tús maith...a focus on 0 - 3 yrs

Early Years Health and Wellbeing Plans for Galway

In acknowledgement of the importance of the first 3 years to lifelong learning, behaviour and health, Galway City Partnership and HSE Health & Wellbeing led a process that culminated in the development of a plan aimed at giving the best possible start to every child in the city.

Convened by HSE Health & Wellbeing, the multi-agency Galway City Early Years Committee, under the auspices of Galway CYPSC, delivers health eating / weaning workshops and has carried out public awareness campaigns, pilot-tested new baby bonding programmes and researched the feasibility of a Play Café for very young children and their parents.

A corresponding plan for Galway County has since been developed.

Visit www.cypsc.ie > Galway > Local Resources for:



Copies of County and/or Galway City Early Years Health and Wellbeing Plan



Building a Happy Baby Infant Mental Health Myth-busting Messages



Schedules for Weaning Workshops and Cookery Demos



Info on Group Membership

Collaborative Work

Contributing to multi-agency initiatives



Prevention, Partnership and Family Support



Delegates at the **Operation Communication** networking event in the Connacht Hotel, October 2017

Galway Prevention, Partnership and Family Support Sub-Group brings together statutory, community and voluntary organisations with a focus on preventative and early intervention work. The Sub-Group is convened by the Principal for PPFS with Tusla in Galway.

As well as providing a forum for networking and information-sharing, the PPFS Sub-group plays a key role in coordinating parenting supports and opportunities for parental participation in the county.

The Sub-group promotes the Meitheal National Practice Model in the county. Meitheal is a case co-ordination process for families with additional needs who require multi-agency intervention but who do not meet the threshold for referral to Tusla's Social Work dept. Practitioners in different organisations can use Meitheal to bring together the range of expertise and skills needed to meet the needs of those children they are working with.

The PPFS Sub-group also coordinates ten local level Child and Family Support Networks (CFSNs) across the city and county. Membership of CFSNs is open to all services that play a role in the lives of children and families in a given area.

For more information on Meitheal or CFSNs in Galway, contact michelle.moran@tusla.ie, aiane.shanahan@tusla.ie or orla.curran@tusla.ie.

www.positiveparenting.ie

● Events

● Activities

● Programmes

● Supports

for parents



CYPSC and Healthy Ireland



The Healthy Ireland Fund is supported by the Department of Health, the Department of Children and Youth Affairs and the Department of Rural and Community Development.

Delivered in partnership with Galway City Partnership and Galway Childcare Committee, Round 1 of Galway CYPSC's Healthy Ireland programme focused on building capacity within pre-schools and other early years services to improve children's experiences of outdoor play and mealtimes.

Three month's work with early years services across the county culminated with a major seminar hosted by Galway Childcare Committee in NUI, Galway during March 2018. The seminar focused on the child's voice and choice in influencing their environment for outdoor play and for making snack and meal times a more social occasion. Keynote speakers included Elizabeth Wood, University of Sheffield, and Dr Sheila Garrity, NUI, Galway (both pictured above left), Dr Colette Kelly, NUI, Galway, and Dr Maresa Duignan, Assistant Chief Inspector in the Dept of Education and Skills with responsibility for Early Years Education Inspections. Round 2, currently underway, has seen this work developed further with the delivery of a series of workshops and the development of new resources for early years services.

Round 2 has also seen Galway Rural Development deliver a series of healthy food workshops and cooking demonstrations for new parents across the county.

Together with FORUM Adolescent Support Project, North West Connemara School Completion Programme and An Garda Síochána, Galway CYPSC received an Investing in Children joint membership award in January 2019 for an initiative aimed at relationship building between young people and gardaí in the Clifden area.

The Investing in Children Membership Award™ recognises and celebrates examples of imaginative and inclusive practice. Investing in Children members are those services that can demonstrate a commitment to dialogue with young people that leads to change.



Who we are

Tusla, Child and Family Agency
Galway County Council
Galway City Council
Health Service Executive
An Garda Síochána
The Probation Service
Galway Childcare Committee
Galway City Partnership
Jigsaw
Galway Roscommon Education & Training Board
Irish Primary Principals' Network
Nat. Assoc. of Principals & Deputy Principals
NUI, Galway Students' Union
Youth Work Ireland
Foróige
COPE Galway
Family Resource Centres
Galway Traveller Movement

Right now, we're planning...

If you have an idea, we would like to hear it

