



Longford Westmeath CYPSC 2022 ANNUAL PROGRAMME OF WORK

LW CYPSC Vision / Mission	Our aim is to secure better developmental outcomes by bringing together local partners within a single framework, to provide strategic leadership, agree and implement a Children and Young People's Plan in a cohesive manner so as to enhance the delivery of services to children, young people and their families within Longford and Westmeath.				
LW CYPSC Statement of intent	It is the intention of the LW CYPSC, to support Child, Youth and Family Services in Longford and Westmeath, whilst implementing the actions as outlined below from the LW CYPSC Children and Young People's Plan 2020 - 2022.				
National Outcome 1 Active and Healthy, physical & mental wellbeing					
CYPSC Priority	Objective	Indicator over 3-year CYPP period	Action(s)	Lead Agency	Partners
Active and Healthy, physical and mental wellbeing Subgroup	To establish a LW CYPSC Outcome one subgroup in quarter one of 2022	The establishment of a multidisciplinary Outcome One Subgroup	Identified key agencies to be invited to join subgroup, subgroup to be established in March 2022 Review outcomes from Active and Healthy LW CYPSC Workshop and identify current gaps Review and recommend Healthy Ireland Funding applications - Round 4	LW CYPSC and HSE	LW CYPSC Member organisations
Family Wellness	To complete the evaluation of the LW CYPSC Family Wellness programme 2020/2021, and plan for further development of the LW CYPSC Family Wellness Programme	Increased knowledge and awareness amongst participants	Continued delivery and evaluation of Family Wellness Programme in Longford Westmeath Include increased number of services and greater reach of families Develop Intergenerational project nurturing relationships between children, grandparents and older generation in general following a period of isolation Covid 19	Active and Healthy Subgroup	LW CYPSC Member organisations
'Our Voice Our Wellbeing' Youth Initiative	Empowering youth health champions/ ambassadors in Counties Longford and Westmeath	Upskilling and awareness raising amongst LW CYPSC Youth Forum Members	Evaluation and continuation of Initiative, including development of internet safety plan	LW CYPSC Child and Youth Participation (CYP) Subgroup and CYPSC Youth Forums	Lus na Greine FRC, Longford and Westmeath County Councils, Longford and Westmeath Comhairle na Nóg, Cara Phort FRC, Bridgeways FRC, Foroige, Youth Work Ireland Midlands, Longford County Childcare Committee, Longford Womens Link, Tusla
Community Mental Health	Building resilient families and communities 'Making every contact count'	Increased awareness, knowledge and resilience amongst participants	Completion and evaluation of 'Making every Contact Count' initiative in Longford and Westmeath		
Mindfulness/ Self Awareness Programme for Children and Parents	To develop a remote mindfulness/ self awareness programme for children, with supporting resources for parents	Measure uptake and engagement with parents, children and CYPSC member organisations and feedback from participating children/ parents	Pilot the Mindfulness online programmes for children aged 3- 6 years & 7 - 12 years Programme to be circulated following outcome of pilot to LW CYPSC member organisations	Cara Phort Family Resource Centre	LW CYPSC Member organisations

Promoting Physical Activity for Parents and children in early years	To promote physical activity for parents and children in early years	Measure engagement with parents and children	Support the "Buggy Walks" initiative, with local agencies for parents and children in early years	Early Years Learning Subgroup & Parenting Support Subgroup	Family Resource Centres, Community Mothers, Longford Community Resources CLG, Westmeath Development, Local Sports Partnerships (Longford and Westmeath)
National Outcome 2 Achieving full potential in all areas of learning & development					
CYPSC Priority	Objective	Indicator over 3-year CYPSC period	Action(s)	Lead Agency	Partners
Promoting Play in early years	To promote the awareness and importance of play to parents/ carers	Measure engagement with parents/ carers on CYPSC and CYPSC member organisation platforms	Repeat the online promoting play in early years awareness campaign Research possibility of 'My Place to Play' project for families in LW	Early Years Learning Subgroup	LW CYPSC Member Organisations
Promoting Music in early years	To remove barriers and promote participation in music with an inclusive approach to teaching and learning music in the early years sector	Number of Child care Providers and children that take part. Engagement with the Early Years Practitioners and children	Support the delivery of Music Generation Early Years Programme in Longford	Music Generation Longford and Longford Westmeath ETB	Longford County Childcare Committee
Printing and dissemination/ circulation of the Guide to Services for Young People with Disabilities	To sign post supports that are available in Longford and Westmeath for young people with disabilities	No. of contacts/ requests for the directory and no. of hits on website	A PDF format of the recently updated guide to be shared across all LW CYPSC member organisations Printing of guide for parents, early years services and professionals in disability sector in LW Dissemination of guide as a support tool for young people and their families	Early Years Learning Subgroup	LW CYPSC Member Organisations
Transitional Passport for young people with disabilities	To support the transition for young people with disabilities between the various support services/agencies	Number of families who receive the passport and feedback from these families on its use	Continued dissemination of transition passport to families through relevant agencies Management of the distribution of the passport. Develop a review mechanism, gain feedback from users and review other tools	Early Years Learning Subgroup	LW CYPSC Member Organisations
Promote the identification of areas and barriers where there is lower uptake of the government childcare programme schemes	To support national policy which identifies and addresses barriers to the uptake of government childcare schemes	Number of agencies engaged in supporting schemes and attendance at NCS Sponsor training	Support national policy at local level which is being developed in 2022 To assist in roll out of NCS Sponsor training to CYPSC member organisations	Early Years Learning Subgroup	LW CYPSC Member Organisations Pobal Training Team
Interagency Parent and Toddler Development Plan	Continued support of Parent and Toddler groups in Longford and Westmeath	Maintaining the Number of Parent and Toddler Services in Longford Westmeath	Continued support of P&T Groups through interagency approach including support of ÁIRC groups Promote parent & toddler network throughout Longford Westmeath to parents & local agencies	Early Years Learning Subgroup	LW CYPSC Member Organisations
Enhancing Children's communication skills development within the preschool settings	To support early years services in using strategies and ideas to promote childrens communication/ interaction skills	No. of Services/ families/ agencies that participate	Promotion of HSE Speech and Language resources Link with local libraries in LW regarding promotion of reading, language in early years	Early Years Learning Subgroup with HSE Speech and Language Services LW as Lead	LW CYPSC Member Organisations and local libraries

Promoting self care and wellbeing for new parents	To support parents and early years services	No. of agencies/ parents engaging	To work collaboratively supporting new parents promoting selfcare and wellbeing	Early Years Learning and Active and Healthy Subgroup	LW CYPSC Member Organisations
National Outcome 3 Safe & protected from harm					
CYPSC Priority	Objective	Indicator over 3-year CYPP period	Action(s)	Lead Agency	Partners
Implementation of Meitheal National Practice Model	To promote Meitheal and sustain the number of Meitheals across the two counties and number of Lead Practitioners	The number of meitheals requested and feedback gathered from participants i.e. children, young people and parents	LW CYPSC to advocate the benefits of Meitheal as a preventative tool and encourage all frontline partner agencies to participate as Lead Practitioners and support and encourage services in the area to chair Meitheals	PPFS Subgroup: Tusla, An Garda Siochana, Foroige, Family Resource Centre, Longford Women's Link, Esker House, Athlone Midland Rape Crisis Centre, Longford Community Resources CLG, Barnardos, HSE.	LW CYPSC Member organisations
Anxiety in Children and Young People	To support young people around potential anxieties e.g. Covid Related, Climate Change	Engagement with LW CYPSC member organisations	To support CYPSC services in meeting the needs of children and young people experiencing anxiety	PPFS Subgroup	LW CYPSC member organisations
Homelessness in Longford/ Westmeath	To implement a multidisciplinary team approach so as to minimise where possible the impact of homelessness, hidden homelessness and support children and families at risk of losing their home or who are living in substandard accommodation in Longford and Westmeath	Engagement of local area response with relevant services i.e. Local Homeless Action Teams in Longford and Westmeath	Engagement/ representation of Tusla PPFS/ PPFS CYPSC subgroup on local HAT	PPFS subgroup and Longford and Westmeath Local Homeless Action Teams	LW CYPSC Member Organisations
			Provision of an outreach counselling service to IPAS centres in Westmeath		
Domestic, Sexual, Gender Based Violence	Continued implementation of the Domestic Violence Policy and promotion of services available to victims in Longford and Westmeath Garda Districts	Number of agencies engaged in DSGBV LW CYPSC projects, and number of referrals to DSGBV services directly linked to CYPSC DSGBV projects	Support to DSGBV services and the DV Local area network incl support of multi agency DV training	PPFS Subgroup	LW CYPSC Member Organisations
	To strengthen and develop further links with DSGBV services within Longford and Westmeath To implement the new Domestic Violence Policy and promote services available to victims in Longford and Westmeath Garda Districts	DSGBV Multilingual Information Leaflets - Review of provision of leaflets within Longford garda district - Development of leaflets in Westmeath garda district Development of a Longford Westmeath Domestic Abuse Resource Pack, and resources such as DV stickers/ QR code raising awareness of local supports			
	To strengthen the links	Strengthen referral	Continued support and strengthening of links between CYPSC and CFSN		

Families, Children and Young People at Risk	To strengthen the links between LW CYPSC and the CFSN Networks and support CFSN agencies in their work	Strengthen referral pathways at local level and continued support for Non Violence Resistance Network	Support Ukrainian refugees entering the country through Community Contact Centres and Community Response Forums Support and coordination of network for NVR Facilitators	PPFS Subgroup	LW CYPSC Member Organisations & LO CYPSC-NVR action
Parental Separation	To support young people affected by Parental Separation in Longford and Westmeath and their parents	Number of young people and number of services engaged in initiative	Explore possibility of establishment of youth project/ group to support young people of separated parents Support for separated parents including awareness of Parenting when separated programme	PPFS Subgroup and Parenting Support Subgroup	LW CYPSC Member organisations
Parental Participation	To actively involve parents/ grandparents/ guardians in the planning of and evaluation of services which are aimed at supporting them	Feedback from parents and service providers	Explore possibility of Parental Consultations with parents/guardians in LW Louise Sherry Mindfulness Facilitator workshop, (€250 per person - 14 = €3,500) Development of Online First Aid information posts for Parents and for young people Exploring the possibility of developing/ redesigning the suite of multi - lingual Parenting leaflets developed by Cork CYPSC in collaboration with Barnardos	Parenting Support Subgroup - Barnardos, Tusla, Family Resource Centres, Foroige, Longford Community Resources Clg	LW CYPSC Member Organisations
Parent Support and Parent Support Programmes	Parent Support and Parent Support Programmes	Collate a list of parenting programmes available in Longford Westmeath and circulate to CYPSC member organisations and Parents/ Carers Numbers attended Start from the Heart Parenting groups and feedback gathered	Gather and communicate information on parenting programmes available in Longford Westmeath Support Start from the Heart Parenting groups in LW including (a) evaluation of pilot Start from the Heart Support groups and refresher training for facilitators (b) Further training of Start from the Heart Facilitators in Longford and Westmeath Support Unresolved Conflict - Impact on Children Initiative Support HSE Healthy Communities Parenting initiative in Longford and Westmeath	Parenting Support Subgroup	LW CYPSC Member Organisations
National Outcome 4 Economic security & opportunity					
CYPSC Priority	Objective	Indicator over 3-year CYPSC period	Action(s)	Lead Agency	Partners
Economic security and opportunity for young people Subgroup	To establish a LW CYPSC Outcome four subgroup in quarter one of 2022	The establishment of a multidisciplinary Outcome Four Subgroup	Identify key agencies to invite to join subgroup. Establishment of group in quarter one of 2022 Develop outcome four related actions for subgroup based on knowledge of local services represented on the committee	LW CYPSC Member organisations	

National Outcome 5 Connected, respected & contributing to their world					
CYPSC Priority	Objective	Indicator over 3-year CYPSC period	Action(s)	Lead Agency	Partners
Active Participation and Communication	Children and Young People are actively involved in the Planning of services which are aimed at supporting them	Children and young people contribute to the implementation of the LW CYPSC Plan through the LW CYPSC Youth Forums across the two counties	Coordinate Post Covid Youth Consultation with CYPSC Youth Forums and Comhairle na Nóg	Child and Youth Participation Subgroup	LW CYPSC Member Organisations
			Evaluation and continuation of 'Our Voice Our Wellbeing' project		
			Ongoing development of LW CYPSC Youth Forums		
			Complete Participation Project Update report		
			Develop Internet training workshop facilitated by CYPSC Youth Forum in partnership with CYPSC Coordinator		
Change management					
CYPSC Priority	Objective	Indicator over 3-year CYPSC period	Action(s)	Lead Agency	Partners
Inter - CYPSC Working	Working collaboratively with neighbouring CYPSC's	Projects that involve more than one CYPSC being achieved	LW CYPSC Coordinator to work collaboratively with neighbouring coordinators where required including working alongside Laois Offaly CYPSC on the following:	LW CYPSC and LO CYPSC	Other CYPSC where applicable
			Collation and circulation of the Midlands CYPSC Information Bulletin		
			Supporting the coordination of the Midlands NVR Network		
			Supporting work of the Midlands Trauma Informed Network		
Social Media Upskilling for CYPSC Organisation members	Opportunity for CYPSC members to enhance their skills and use of multiple social media platforms.	Increased skills and presence online of CYPSC member organisations including increased online engagement with families and young people	Working collaboratively with CYPSC members and the LW CYPSC Youth Forums to develop and deliver a Social Media Workshop for LW CYPSC Members	LW CYPSC and subgroup members	LW CYPSC/ Subgroup member organisations