

## General Information/Updates:



**Ireland's Response to the situation in Ukraine:** A webpage on the whole-of-Government response to the situation in Ukraine is now available at [www.gov.ie/ukraine](http://www.gov.ie/ukraine) (and is updated regularly) which includes information on supports and services available to people arriving from Ukraine. You can find information below on the supports and services available:

- [Реакція Ірландії на ситуацію в Україні](#)
- [Реакция Ирландии на ситуацию в Украине](#)

Community Response Forums have been established in every local authority area across the country to coordinate local responses to the Ukraine crisis. To contact your local Community Response Forum you can email:

Longford – [Communityforum@longfordcoco.ie](mailto:Communityforum@longfordcoco.ie)      Westmeath – [ukrcommunityforum@westmeathcoco.ie](mailto:ukrcommunityforum@westmeathcoco.ie)

Laois – [responseforum@laosicoco.ie](mailto:responseforum@laosicoco.ie)      Offaly – [communityforum@offalycoco.ie](mailto:communityforum@offalycoco.ie)



**A Tusla short guide For parents who are newly arrived in Ireland:** Tusla have recently developed '[A Tusla short guide: For parents who are newly arrived in Ireland](#)'

This short guide available in both [English](#) and [Ukrainian](#) was written to help parents who have recently arrived in Ireland. It provides information to help families navigate cultural differences, laws and ways of parenting, which may be different to their country of origin.

Included in the document is some practical guidance that we hope will help parents to navigate the early years of a child's life while in Ireland, from pre-school childcare and the schooling system, right through to child supervision and family support services. This guide has been developed with input from families who have recently arrived in Ireland.

**World Children's Day 2022:** November 20th is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General assembly adopted the Convention on the Rights of the Child.

***This is a day that is all about the importance of children and how they have special rights and freedoms that help them to grow into happy, healthy adults.*** It's about a fun day, with a serious message, shining a light on the most pressing challenges faced by children in today's world. For information on how you can get involved and celebrate Children's Day [CLICK HERE](#)

The theme of World Children's Day 2022 is 'A better Future for All'. To mark World Children's Day 2022, Longford Westmeath CYPSC are hosting a number of community events to welcome the many Ukraine Children and Young people in Counties Longford and Westmeath. For further details see the events section below.



**Bereaved Children's Awareness Week:** Every November, the Irish Childhood

Bereavement Network (ICBN) organise a series of events across Ireland to highlight bereaved children's needs and provide a voice for them to be heard. The ICBN have a [wide selection of promotional resources and graphics](#) for use in workplaces and communities to raise awareness during Bereaved Children's Awareness Week 2022

The ICBN will also host an array of online webinars targeted at the public and professionals and have many videos and supportive resources for children and young people experiencing grief. For full details of how you can become involved during Bereaved Children's Awareness Week or to register for any of the upcoming webinars [CLICK HERE](#)



See Their Need - We can all help!

## Webinars/ Training/ Events:

### LW CYPSC Family Wellness Webinar Series – What a Parent can Do!

Longford Westmeath CYPSC are delighted to announce their upcoming [Parenting Webinar Series](#), as part of the LW CYPSC Healthy Ireland 'Family Wellness Initiative'. This insightful Parenting Webinar series encourages parents to focus on 'What a Parent Can Do' during times of increased challenges and anxieties.

The series will run over four Wednesdays in November, commencing at 8pm on 9<sup>th</sup> November. It is suitable for parents, carers, and professionals.

[CLICK HERE](#) to register and select the date of your chosen webinar (s).

The following are a list of the upcoming webinars:

#### 9th November: 8pm – 9pm, Responding to School Avoidance – What a Parent Can Do!

Webinar by Tara Kelly co-founder of "New Authority Parenting" and M Sc/ Doctoral Researcher. This short webinar will look at some of the reasons why children and adolescents avoid school. Strategies for supporting your child, managing conflict about school and accessing support will be presented. There will be an opportunity for parents to bring questions to the session.

#### 16th November: 8pm - 9.30pm, Supporting your Child's mental health and wellbeing – What a Parent Can Do!

Webinar by Professor John Sharry, author of over 25 positive psychology, parenting books and mental health programmes, including Positive Parenting, Parenting Teenagers and Parenting when Separated. In this interactive workshop, Professor John Sharry will describe practical steps parents can take to boost their children's well-being and self-esteem while maintaining warm connected family relationships.

#### 23rd November: 8pm - 9:15pm, Compassionate Self – Care for Parents – What a Parent Can Do!

Webinar by Dr. Malie Coyne, Clinical Psychologist, University of Galway Adjunct Lecturer, Bestselling Author, and Parent. In this talk, Malie shares the science behind self-compassion in counter-balancing our threat-focused brains. Malie emphasizes the importance of parents caring for themselves, so they can reflect on themselves, and in turn respond to their children from a place of soothing rather than threat. Malie will also dedicate time to answering your questions.

#### 30th November: 8pm - 9pm, Responding to Child and Adolescent Anxiety – What a Parent Can Do!

Webinar by Tara Kelly, co-founder of "New Authority Parenting" and M Sc/ Doctoral Researcher. This webinar will look at the impact of child and adolescent anxiety on children and parents. It will highlight some of the pitfalls for parents when trying to support their anxious child. Ideas for new strategies to support your child will be presented. Information on further resources will be made available. There will be an opportunity for parents to bring questions to the session.

### An Introduction to Dyadic Developmental Psychotherapy by Kim S. Golding:

Laois Offaly CYPSC in collaboration with their lead partners Clara and Tullamore Community and Family Resource Centres, funded by the Wheel are delighted to announce their next Trauma Training which will take place on **15<sup>th</sup> November 10am – 3pm**.

[Dyadic Developmental Psychotherapy \(DDP\)](#) was developed by Dan Hughes as an approach to helping children who have experienced trauma from within the family.

[Kim S. Golding](#) is a Clinical Psychologist, author and DDP consultant and trainer. With over 30 years of experience, Kim works to improve the lives of children affected by early relational trauma.

To register in advance for this webinar please [CLICK HERE](#)

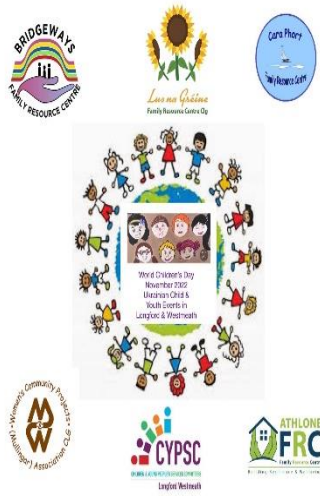
Week 1 9 <sup>th</sup> November 8pm - 9pm	Week 2 16 <sup>th</sup> November 8pm - 9.30pm	Week 3 23 <sup>rd</sup> November 8pm - 9.15pm	Week 4 30 <sup>th</sup> November 8pm - 9pm
<b>Topic:</b> Responding to School Avoidance - What a parent can do! <b>Tara Kelly</b> <p>How does avoidance in a very difficult time for parents and children. It can cause stress and conflict in the family home. What can be done to support the child and the parent? This is a short webinar which is aimed at those parents who have children and adolescents avoid school. Strategies for supporting your child, managing conflict about school and accessing support will be presented. There will be an opportunity for parents to bring questions to the session.</p>	<b>Topic:</b> Supporting your Child's mental health and wellbeing - What a parent can do! <b>Professor John Sharry</b> <p>In this interactive workshop, Professor John Sharry will describe practical steps parents can take to boost their children's well-being and self-esteem while maintaining warm connected family relationships.</p>	<b>Topic:</b> Compassionate self care for parents - What a parent can do! <b>Dr. Malie Coyne</b> <p>Malie is a clinical psychologist who has worked in the field for many years. Dr. Malie Coyne understands the challenges parents face and can offer them the best of her research and working for the public. This webinar will explore self-compassion in counterbalancing our threat-focused brains. Malie emphasizes the importance of parents caring for themselves, so they can reflect on themselves, and in turn respond to their children from a place of soothing rather than threat. Malie will also dedicate time to answering your questions.</p>	<b>Topic:</b> Responding to Child and Adolescent Anxiety - What a parent can do! <b>Tara Kelly</b> <p>This webinar will look at the impact of child and adolescent anxiety on children and parents. It will highlight some of the pitfalls for parents when trying to support their anxious child. Ideas for new strategies to support your child will be presented. Information on further resources will be made available. There will be an opportunity for parents to bring questions to the session.</p>



**LW CYPSC World Children's Day Events:** LW CYPSC are supporting a number of Child and Youth Events which will take place across Longford and Westmeath this month in celebration of World Children's Day. Local services will host a community events in Mullingar, Granard, Ballinacarrigy, Athlone and Ballymahon to welcome children and young people from the Ukraine who will join with other young people from diverse communities to mark World Children's Day, the theme of which is 'A better Future for All'. Each unique event promises to be a fun day for all, with a wide range of activities such as puppet shows, arts and crafts, bowling, bouncy castle, fun and games and lots lots more.

The events will also provide families and young people with an opportunity to engage with local child and family services in the area. Limited transport is being provided from rural areas. For further details on the events please contact the following centres:

Lus na Greine FRC: 043 66 60977      Bridgeways FRC: 090 64 32691  
 Cara Phort FRC: 044 93 73060      Athlone FRC: 085 251 2224  
 Women's Community Project: 044 93 44301



**What Works Festival of Learning 2022:** Registration for the third What Works Festival of Learning is now live. The Festival will take place from November 21st to November 24th and the theme this year is 'Partners in Prevention'. Events will highlight good practice, international experience and new developments in prevention and early intervention.

The first event in the series will take place in person and online and will be launched by Minister for Children, Equality, Disability, Integration and Youth Roderic O'Gorman. Virtual events in the series will focus on partnership in policy and partnership in practice. Details of speakers and registration links will be posted on the [What Works website](#) over the coming days.



**My Place to Play Briefing Session:** My Place to Play (MPTP) is a programme that aims to enhance parent-child interactions and the physical, emotional, cognitive and language development of infants and toddlers. It is a simple and evidence-informed tool suitable for families living in confined spaces and can be used as an engagement resource for practitioners to build relationships with parents and caregivers.

My Place to Play 2022 is funded and supported by Children and Young People's Services Committees, Tusla Child and Family Agency Prevention, Partnership and Family Support and the Department of Children, Equality Disability, Integration and Youth.

This funding supports services who are working with families in International Protection, emergency accommodation, cramped living conditions and those supporting Ukrainian families.

The next online briefing session regarding the My Place to play Initiative will take place on Monday 14<sup>th</sup> November at 2:30pm, to register please [CLICK HERE](#)



**Edgeworthstown Parent and Toddler Group:** The Edgeworthstown Parent and Toddler group will meet from 10:30am – 12pm at The Green, Edgeworthstown on the following dates: **8<sup>th</sup> & 22<sup>nd</sup> November 6<sup>th</sup> & 14<sup>th</sup> December 2022.**


All are welcome! If you have any questions or would like to register your place for upcoming dates – please contact Katarina on 087 412 2922 or Laura on 087 361 4703

The Edgeworthstown P&T group is a LW CYPSC collaborative project with lead agencies Longford County Childcare Committee, Longford Community Resources CLG, Longford Community Mothers and Westmeath Community Development.






Webinar for Social Work and Social Care Professionals



Domestic Abuse: Creating a Collaborative Model of Working with Families

Join us  
30th November  
7th December  
10 - 11.30 am



**Aoibhneas**  
Domestic Abuse Support  
for Women and Children  
Safety. Recovery. Freedom.

**Domestic Abuse: Creating a Collaborative Model of Working with Families:** The 16 Days of Action Opposing Violence Against Women runs from the 25<sup>th</sup> of November to the 10<sup>th</sup> of December, this year's theme is Awareness and Accountability in the fight against Gender Based Violence.

Aoibhneas recognises that collaboration is central to their ability to impact change. By creating collaborative models with statutory agencies, community organisations and other specialised services they are knitting networks that increase awareness and support and facilitate change therefore better enabling Women and Children's access to necessary supports and interventions in their journey from crisis to recovery and healing.

With this theme in mind, Aoibhneas would like to invite Social Workers and Social Care Practitioners to participate in their Webinar *Domestic Abuse: Creating a Collaborative Model of Working with Families*.

The webinar will run on 2 days : 30<sup>th</sup> November and 7<sup>th</sup> December from 10 to 11.30 am.

To register , please follow this [link Domestic Abuse : Creating a Collaborative Model of Working with Families Tickets, Multiple Dates | Eventbrite](#)



**Connecting for Life**  
Midlands, Louth and Meath

**HSE Suicide Prevention Training Schedule: October 2022 – February 2023:** The HSE Suicide Prevention Training Schedule for the midlands area is now available. Several trainings are available to assist with up-skilling staff and volunteers in the statutory, community and voluntary sector. The Schedule is outlined on the booking website, through which registrations to attend any of the training programmes can be made. For the full list of programmes available [CLICK HERE](#)



**Barnardos**  
Online Safety Programmes

BE A STAR ONLINE

STAY SAFE THINK SMART ASK FOR HELP REACH OUT

Developing Digital Citizens

★ Children learn about the dos and don'ts of online communication.  
★ To find out more, visit [www.barnardos.ie/OSP](http://www.barnardos.ie/OSP)

**Barnardos Online Safety Programmes:** Now, more than ever, we believe it is important for children to be aware of how to be safe and resilient online. At Barnardos, their vision is that children reach their potential and have happy, healthy and safe lives, both offline and online. Their updated Online Safety workshops help empower children to be kind online through their Reach Out and Be Kind message as part of their Star Programme.

See [barnardos.ie/osp](http://barnardos.ie/osp) for further details or email [onlinesafety@barnardos.ie](mailto:onlinesafety@barnardos.ie) to register.

Many thanks to all for forwarding information and links,  
please continue to forward your updates for sharing and continue to tag  
LW CYPSC on [Facebook](#) and/or [Twitter](#), or LO CYPSC on [Facebook](#) and/or [Twitter](#)  
or you can  
email the coordinators at:  
Longford Westmeath CYPSC: [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) or  
Laois Offaly CYPSC: [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie)  
[www.cypsc.ie](http://www.cypsc.ie)