

## 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)



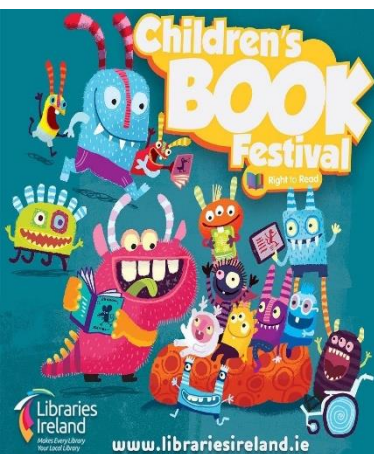
**A Tusla short guide For parents who are newly arrived in Ireland:** Tusla have recently developed '[A Tusla short guide: For parents who are newly arrived in Ireland](#)'

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.



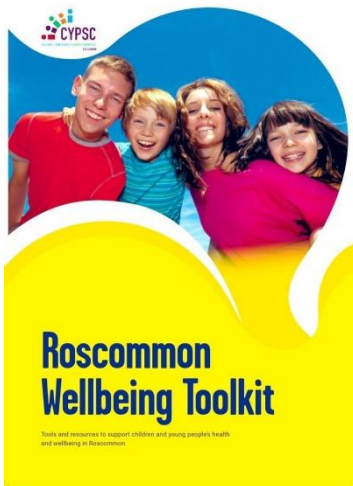
**World Mental Health Month – October 2022:** [World Mental Health Month](#) takes place this October and October 10th marks World Mental Health Day. The World Federation for Mental Health started this mental health awareness campaign in 1992 and it is being celebrated yearly since. World Mental Health Day provides the opportunity to raise awareness about global mental health issues and creates the opportunity for people to call for action and advocate for change in mental health. Every year the World Federation for Mental Health sets a theme for World Mental Health Day, this year's theme is 'Mental Health & Wellbeing For All A Global Priority'. To learn more about World Mental Health Month including resources and events visit the Mental Health Ireland website [HERE](#)



**Children's Book Festival October 2022:** In October 2022, children will again have the opportunity to meet some of their favourite authors and take part in fun events for the whole family at their local libraries. The annual Children's Book Festival helps spread the enjoyment of books and reading among children and families, authors and illustrators, teachers and librarians all over Ireland.

The aims of the National Children's Book Festival is to encourage children to enjoy the experience of reading and support their reading development; to provide activities and events in collaboration with writers/illustrators/storytellers; to promote children's books and stories and to increase engagement with families and schools and to attract new audiences.

For more information on the Book Festival [CLICK HERE](#) or you can also check out your local library webpages at the following links [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)



**Wellbeing Toolkit for Children and Young People:** Roscommon Children and Young People's Services Committee and Boyle Family Resource Centre launched the [Roscommon Wellbeing Toolkit for children and young people](#) in Boyle Family Resource Centre recently.

The tools and resources in the toolkit aim to support children and young people's wellbeing and can be used by those working with children in many different contexts. The toolkit was designed to assist staff in youth and family support services, family resource centres and social inclusion projects as well as teachers, social workers and parents to promote the wellbeing of children and young people. It contains advice on the importance of routine and a healthy lifestyle and tips to help children and young people understand feelings and emotions.

There are a variety of activities in the toolkit which are suitable for all ages. To download the Wellness Toolkit [CLICK HERE](#)

### TUS Toolkit to Help Students with Autism Acclimate to College Life:

The Technological University of the Shannon (TUS) has adopted an international toolkit aimed at helping students with autism navigate the transition to university life.

The [Autism&Uni toolkit](#), funded by the EU, is intended to be adapted by universities to address the needs of students with autism spectrum disorder (ASD). TUS's Disability and Learning Support Office in Athlone has customised the toolkit, launching a website which is bespoke to the needs of TUS students and packed full of guidance, information, and strategies for overcoming commonly faced challenges. To visit the website [CLICK HERE](#)

### Online Survey/ Consultations for completion/circulation:



**Irish Childhood Bereavement Network Survey 2022:** The Irish Childhood Bereavement Network (ICBN) works with its members to promote the voice of bereaved children and young people, recognising that theirs has traditionally been the silent voice of grieving. Unfortunately experience shows that children and young people have become more disenfranchised during the Covid pandemic. ICBN is hosted by the Irish Hospice Foundation (IHF) and funded by Tusla. **The purpose of this questionnaire is to gather information about the range of services/ supports that are available for bereaved children and their families in your area.** The information gathered will help generate a **national resource**, information about Statutory and NGO organisations may be published on our website, information from private providers will be held for reference purpose's only.

This questionnaire is being delivered with the kind assistance of the Children and Young People's Services Committees (CYPSC). We would greatly appreciate if you could take 15 minutes to complete this questionnaire. The ICBN are trying to capture a full picture of what is out there to support bereaved children and families, so they want to include both;

1. Services and supports that have bereavement as their core functions (e.g., Anam Cara, Barnardos Children's Bereavement Service)
2. Services and supports that are grief informed\* and/or offer bereavement support as part of a wider range of supports to families (e.g. Family Resource Centre, youth service, early years' service, school, sports club)

You will be asked for your consent to be included in the national resource. If you do not want to be included in the national resource we would still like to hear about the services and supports you offer for our information purposes.

To participate in this survey [CLICK HERE](#)

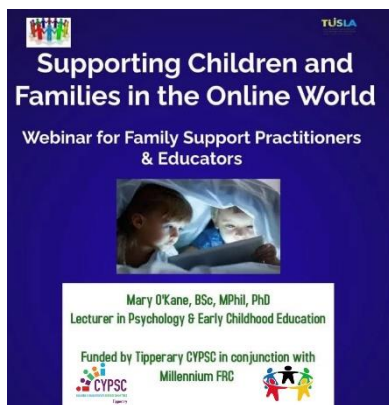
## Webinars/ Training/ Events:



**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](#)



**Supporting Children and Families in the Online World Webinar with Dr Mary O Kane:** Tipperary CYPSC in collaboration with their lead partner Millennium Family Resource Centre will host a webinar by Dr Mary O Kane, a Lecturer in Psychology and Early Childhood Education for Family Support Practitioners and Educators on the topic of 'Supporting Children and Families in the Online World'.

The webinar will take place on Tuesday 18th October, and will explore ways to best support parents to ensure their children have positive online experiences.

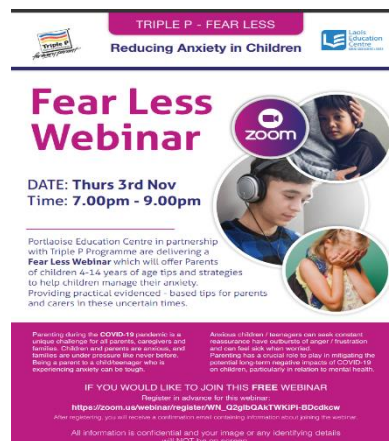
To register please call or text Julie on: (083) 1008075



**Edgeworthstown Parent and Toddler Group:** The Edgeworthstown Parent and Toddler group are currently meeting bi-weekly with the next group taking place on Tuesday 18<sup>th</sup> October from 10:30am – 12pm at The Green, Edgeworthstown.

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 Longford County Childcare Committee on 043 33 42505.

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.



**Triple P Fear Less Webinar:** Being a parent to a child/teenager who is experiencing anxiety can be tough. Anxious children / teenagers can seek constant reassurance have outbursts of anger / frustration and can feel sick when worried.

Portlaoise Education Centre in partnership with Triple P Programme are delivering a Fear Less Webinar which will offer Parents of children 4-14 years of age tips and strategies to help children manage their anxiety. This webinar will provide practical evidenced - based tips for parents and carers in these uncertain times.

The webinar will take place on Thursday 3<sup>rd</sup> November, 7pm – 9pm. To register Please [CLICK HERE](#)

Parenting during the COVID-19 pandemic is a unique challenge for all parents, carers and families and under the current circumstances, it is a challenge for children and teenagers who are experiencing anxiety can be tough.

Because children / teenagers can seek constant reassurance have outbursts of anger / frustration and can feel sick when worried. Parenting has a crucial role to play in mitigating the overall long-term negative impact of COVID-19 on children, particularly in relation to mental health.

**IF YOU WOULD LIKE TO JOIN THIS FREE WEBINAR**  
Register in advance for this webinar:  
<https://zoom.us/join/register?pwd=02930A2TKWKP18D0dcw>  
After registering, you will receive a confirmation email containing information about joining the webinar.

All information is confidential and your image or any identifying details will NOT be on screen.





**End the Silence – 17<sup>th</sup> – 21<sup>st</sup> October 2022:** ‘End the Silence’ – is a series of events and activities from 17-21 October 2022 to raise awareness of the issues arising from growing up with alcohol harm in the home. At least 200,000 children in Ireland are currently living with the trauma of parental problem alcohol use (PPAU) and a further 400,000 adults are living with its legacy – emotional, mental and physical health problems. Yet despite these large numbers this Adverse Childhood Experience (ACE) remains a deeply hidden aspect of Ireland’s relationship with alcohol. Alcohol Action Ireland’s initiative, Silent Voices, seeks to raise awareness and put forward policy solutions to address these issues. For further details including a list of #EndtheSilence events [CLICK HERE](#)



**earn your stripes**  
**by learning theirs**  
A workshop for parents and carers of LGBTQ+ youth on National Coming Out Day  
**7-8pm, Tuesday, October 11th**

Whether someone in your family has come out as LGBTQ+, or you think your child may be LGBTQ+, join BeLongo To's expert Youth Workers to learn and talk about:

- Supporting Your Child
- Supporting Yourself
- Terminology And Language

**THIS IS A FREE ONLINE EVENT**  
This session is free of charge, and will take place online. You are welcome to turn your camera on and participate by asking questions or just listen.

**Sign Up Today:**  
[www.belongto.org/comingoutday](http://www.belongto.org/comingoutday)  
or call 01-870 6929

**Earn Your Stripes – National Coming Out Day Webinar:** October 11th is National Coming Out Day. To mark this day, [Belong To](#) is hosting a free online Workshop for Parents and Carers of LGBTQ+ young people. Family support and acceptance is critical to the wellbeing of LGBTQ+ young people and our expert Youth Workers are here to answer questions and talk about:

- Supporting Your Child
- Supporting Yourself
- Terminology And Language

Whether someone in your family has come out as LGBTQ+, or you think your child may be LGBTQ+, join us from 7-8pm on Tuesday, October 11th for this free event.

This Workshop will take place online. You are welcome to turn your camera on and participate by asking questions or just to listen in.

To register for this event, [CLICK HERE](#) (Places are limited, early booking advised)




**LONGFORD COMHAIRLE NA NÓG AGM 2022**  
17th of November  
9:30 - 1:30  
Longford Arms Hotel

Registration required

**TOPICS CHOICES VIA WORLD CAFÉ DISCUSSIONS**

lunch included

Guest Appearance from **CIAN'S KENNEDY**

AN LONGFORD DISTRICT COUNCIL

**Longford Comhairle Na Nóg AGM 2022:** Longford Comhairle Na Nóg are delighted to announce the return of their In-Person AGM/ Youth Conference on the 17th November in the Longford Arms Hotel. A Comhairle na nÓg AGM/Youth Conference is an annual gathering of a diverse group of invited and interested young people, aged 12–17 and has several objectives, including to:

- To discuss and explore issues or matters of importance to young people
- To prioritise one or two issues that will provide the focus of work for the Comhairle na nÓg Committee over the following year
- To provide feedback on the progress made on the issue(s) identified as important at the previous year’s meeting;
- To (s)elect young people to the Comhairle na nÓg Committee

If you are aged 12 – 17, living in County Longford and are interested in attending please contact Joanna at [joanna.casey@foroige.ie](mailto:joanna.casey@foroige.ie) Lunch and goodie bags will be provided!



**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. A number of 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](#)

## Connected for life

Helping Children Manage their Emotions  
Webinar for Parents 20 Sept 2022 6.30 - 8.30pm

**Connected for life – Upcoming FREE Parent Webinars:** [Connected for life](#) have a number of upcoming FREE online Parents webinars. (see list below). Connected For Life supports individuals, families, communities, and organisations to understand and heal from trauma and to become more attachment and trauma-informed and responsive. Their aim is to raise awareness of the potentially far-reaching impact of adversity, attachment and trauma and the power of relationships and connection to support resilience and healing.

For further details on the webinars listed below and to register [CLICK HERE](#)

18<sup>th</sup> Oct 6:30pm – 8:30pm - What is 'attachment' and why does it matter?

15<sup>th</sup> Nov 6:30pm – 8:30pm – How our early experiences can impact us throughout our lives

13<sup>th</sup> Dec 6:30pm – 8:30pm – The importance of self care

17<sup>th</sup> Jan 2023 6:30pm – 8:30pm – Navigating adolescence



**Childhood Domestic Violence and Abuse, Community of Practice In Person Event:** Barnardos CDVA [Community of Practice](#) are hosting an In-Person event on Wednesday 26<sup>th</sup> October 2022 entitled **“Getting it Right - for and with Children”** where the focus of the day will be on developing a collaborative practice framework for responding to childhood domestic violence and abuse, considering the aspects of a child’s journey from prevention, early intervention, crisis to recovery. The event will take place in the [Midlands Park Hotel Portlaoise](#) from 10am to 4pm.

To register email [aine.costello@barnardos.ie](mailto:aine.costello@barnardos.ie) before Wednesday 19<sup>th</sup> October

**“What we know now – How we can shape the future” ODVSS Conference:** Offaly Domestic Violence Support Services (ODVSS) are hosting a Conference marking 25 years of ODVSS providing support to victims of domestic abuse. The Conference brings together an array of experts to look back at what they have achieved and explore how to look forward into the next chapter in the hope of eliminating violence from personal relationships and continue to place the person responsible for the abuse firmly in the spotlight. This conference will be opened by Minister for Justice Helen McEntee and will have individual guest speakers along with two panel discussions. The conference will take place on 13<sup>th</sup> October from 10am – 4pm in the Tullamore Court Hotel. To book your tickets [CLICK HERE](#)



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)