

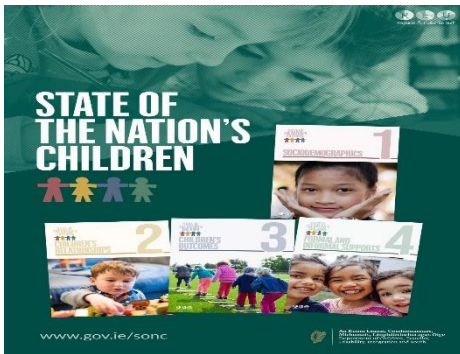
General Information/ Updates:



Let's Get Set: The Healthy Ireland [Let's Get Set campaign](#) encourages us all to set a healthier routine, and to avail of simple easy steps to keep up or to create a new healthy habit, whether that is eating better, getting more physically active, or learning how to take care of our mental wellbeing.

To keep up to date on the Let's Get Set campaign [CLICK HERE](#), you can also visit the [Healthy Ireland](#) Keep Well webpage or for more information at a local level, check out your local Authority Keep Well Pages at the following links:

[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#) and a full list of [Local Authorities in Ireland](#)



State of the Nation's Children Online Report: The State of the Nation's Children (SONC) report provides a comprehensive picture of our children's lives. It presents key information on children's health, behavioural and educational outcomes, and their relationships with their parents and their friends.

SONC provides the most up-to-date data on the National Set of Child Wellbeing indicators, and charts the wellbeing of children in Ireland. tracks changes over time and benchmarks progress in Ireland relative to other countries. Check out some of the key findings of the 2021 edition of State of the Nation's Children (SONC) or read the full report by visiting gov.ie/SONC



Seachtain na Gaeilge: Seachtain na Gaeilge is an international Irish language festival, which is the largest annual celebration of our native language and culture that takes place in Ireland and across many other countries. This year's festival runs from 1st – 17th March and will be a mixture of online and in person events. Games are a fun and enjoyable way to stimulate interest in the Irish language amongst children and young people.

Here are a few games that you can download and play!

<https://snag.ie/en/games/>

For full details on Seachtain na gaeilge visit <https://snag.ie/>



National Childminding Action Plan 2021 – 2028: The [National Childminding Action Plan 2021 – 2028](#) was launched in April of last year. This Action Plan is a pathway to be developed over the next 8 years that sets out steps towards regulation, support and subsidies, for all paid, non-relative childminders. The Action Plan will involve change and significant benefits for childminders, children and the families using their services. As part of this National Action Plan County Childcare Committees are disseminating flyers locally to try and reach individuals who may be interested in 'Becoming a Childminder' and would like to work with their local CCC in becoming a childminder. If you would like further information on becoming a childminder please see contact details for your local county childcare committee listed below:

Longford CCC – 043 3342505 or email enquiries@longfordchildcare.ie

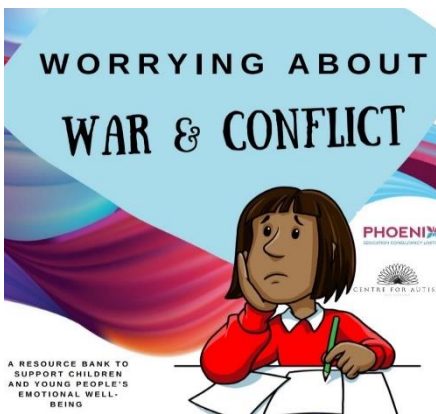
Westmeath CCC – 044 9335454 or email info@westmeathchildcare.ie

Laois CCC – 057 866 1029 or email info@laoischildcare.ie

Offaly CCC – 057 91 35878 or email info@offalychildcare.com

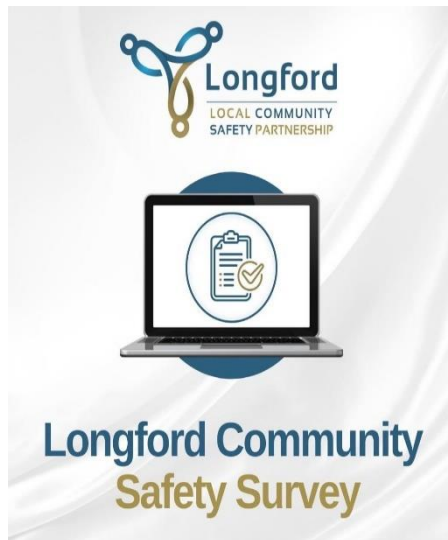


Supporting Children and Parents: All families may benefit from support at some point in their lives. There are many useful supports available for children, young people and parents. However, the many sources of information, advice and support can be overwhelming. Supporting Children and Parents brings together new and existing resources that children and parents may find helpful. It provides a starting point to access high-quality, trusted information and support in an easy to navigate format. Supporting Children and Parents is continuously updated as new resources become available. For information and resources for both [Young People](#) and [Parents](#) > [CLICK HERE](#)



Talking about War and Conflict with children – Free Resource: Talking about war, and feeling confident and comfortable about it can be very difficult. For some people they might not have had any direct experiences of war. For others they may have had direct experiences and that can be difficult too. It can be difficult to ease worried young minds when they are immersed in information from TV, social media and conversations at home and in school. This resource from phoenixeducationconsultancy.com provides a comprehensive range of ideas for explaining war and addressing the anxieties it brings. Many of the ideas will be most suited to older children and those with a good understanding of language, but some of the concepts and activities could be adapted for others. [Click here](#) to download

Online Survey/ Consultations for completion/circulation:



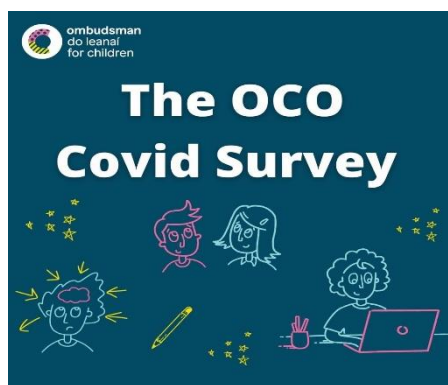
Longford Community Safety Survey: [Longford Community Safety Partnership](#) are currently conducting a Community Safety Survey. The Local Community Safety Partnership (LCSP) is a new government initiative that will bring together statutory services, the voluntary and community sector, local councillors and community members from around the county to work together to identify and tackle community safety issues that affect people in Longford. County Longford is one of three areas where the new Local Community Safety Partnerships are being piloted

Who can complete this survey:

- ✓ Individuals ✓ Community or voluntary group
- ✓ Businesses ✓ Other official organisations

To complete the survey [CLICK HERE](#). Survey Closes 20 March 2022.

For further information email communitysafety@longfordcoco.ie



Ombudsman for Children's Office – Covid Survey: The Ombudsman for Children's Office are asking students across Ireland to take part in a nationwide survey on the views and experiences of children during the Covid-19 pandemic. The aim of the survey is to gain a better understanding of, and insight into, children's views and experiences of the Covid-19 pandemic. The OCO will produce a report based on the results of the survey. All children and parents/guardians who take part will give assent and consent

If you are a principal who'd like your school to take part in the survey, email communications@oco.ie

Webinars/ Training/ Events:



St. Patrick's Festival: The St. Patricks Festival runs this year from 16th – 20th March. The theme of this year's Festival is Connections/Naisc.

Through contemporary and traditional Irish arts, culture and heritage, the Festival will connect families, friends and communities across Ireland, and our global tribe of 80 million.

For full details of this year's festival [CLICK HERE](#) or check out your Local Authorities Social Media pages for details of events and festivities in your local area.

Child and Young Persons Services Committee (CYPSC) Laois Offaly



Midlands Trauma Informed Communities Training Network

Midlands Trauma Informed Communities Network: The Midlands Trauma Informed Communities Network have a number of upcoming trauma trainings. See below for a list of upcoming events & registration links.

25th March, 8th, 29th April 9:30am – 12:30pm – Dr Karen Treisman Workshop Series – Click on the workshop title below for registration details

Friday 25th March [Direct Working to address specific difficulties and behavioural concerns](#)

Friday 8th & 29th April – Two Part Workshop – Part One: [The impact of Trauma and disrupted attachment on emotion development and on emotion regulation](#)

Part Two: Creative and expressive ways of working with children who have experienced bereavement/loss – responses to Grief (You must register for 8th April to attend 29th April)



Laois Offaly CYPSC Life Matters Podcast: Laois Offaly CYPSC have recently launched their new Podcast entitled '[Life Matters](#)'. The initial six-part series is about "Life on the Spectrum" and the many issues and challenges for everyone involved. The Spectrum Series features International and local speakers on a range of autism related topics such as: Theory of Mind and Context blindness, ARFID, Assessment and the Diagnostic Process, Parent and Young Adults Perspectives and much more.

To listen to the 'Life Matters' podcast [CLICK HERE](#)



Coffee Mornings for Parents of Children with Additional Needs:

Longford Coffee Morning for parents of children with additional needs is a collaboration supported by LW CYPSC with lead partners - AIRC Midlands, Longford County Childcare Committee and Longford Community Resources Clg.

This is FREE group for parents of children of all ages.

There is also a play area available for parents of young children. For details of upcoming dates and to book your place

email aircmidlands@gmail.com or phone 086 150 6416



Edgeworthstown Parent & Toddler Group: The Edgeworthstown Parent and Toddler group has recently regrouped and are meeting at The Green, Edgeworthstown.

Upcoming dates are **22nd March; 5th April; 3rd, 17th & 31st May and 14th June 2022.**

All are welcome! If you have any questions or would like to register your place for upcoming dates – please email enquiries@longfordchildcare.ie or telephone on 043 33 42505. The Edgeworthstown P&T group is a LW CYPSC collaborative project with lead agencies Longford County Childcare Committee and Longford Community Resources CLG

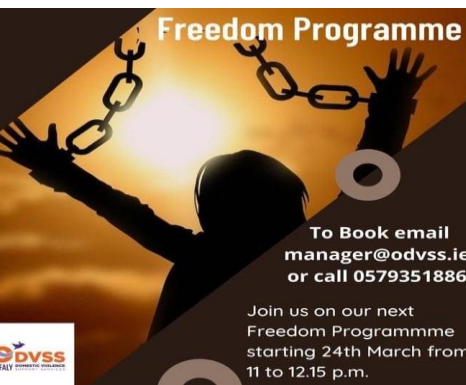
For a full list of Parent & Toddler groups in Longford [CLICK HERE](#)



Want a Foróige Club in your Community – Longford Westmeath: Are you interested in establishing a Foróige Club in your local community? Foróige Futures is here to help and support you every step of the way.

If you would like to learn more about setting up a Foróige Club in Longford, Westmeath or Leitrim -

Contact Cyril Reilly by email Cyril.reilly@foroige.ie or Call 0860144832



Offaly Domestic Violence Support Service – Freedom Programme: The next Freedom Programme will commence on 24th of March from 11am to 12.15pm each Thursday for 6 weeks with an additional add on week on Coercive Control. This FREE online course is suitable for victims/survivors of domestic violence and abuse, along with front line staff who engage with victims/survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed. For information and booking contact 0579351886 or email manager@odvss.ie

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 or

Laois Offaly CYPSC: niamh.dowler@tusla.ie

www.cypsc.ie