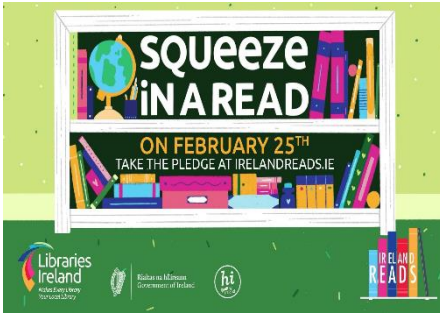


General Information/ Updates:



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.

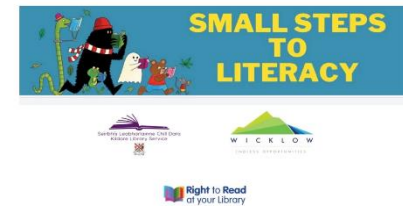
To keep up to date on the Let's Get Set campaign [CLICK HERE](#), you can also visit the [Healthy Ireland](#) Keep Well webpage or for more information at a local level, check out your local Authority Keep Well Pages at the following links: [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#) and a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



Ireland Reads – Squeeze in a Read: Ireland Reads takes place again this year on Friday February 25th. Check in with your local Library to celebrate the day (links to local libraries below).

You can also check out www.irelandreads.ie and take the pledge to squeeze in a read on February 25th!

[Longford Library](#) [Westmeath Library](#) [Laois Library](#) [Offaly Library](#)



Small Steps to Literacy: Kildare Library Service and Wicklow County Council Library Service have created a wonderful resource to help children develop and learn literacy skills in the years before they start school.

A series of videos shows families from the Roma and Traveller communities in Kildare and Wicklow demonstrate simple steps we can all do to support our children as they develop language skills. To view a short trailer video and the complete video series [CLICK HERE](#)



CyberSafe Tool for Schools Pilot: Wicklow, Meath and Louth CYPSC are currently working on an Internet Safety initiative with CyberSafeKids, an Irish charity that educates kids on how to stay safe online. This CyberSafe pilot has recently opened up to **schools in ALL counties**. Online safety has been identified by as a key issue for young people and 98% of principals surveyed by CyberSafeKids* said that they considered online safety to be an issue in their school. To support schools, CyberSafeKids has launched the 'CyberSafe Tool for Schools', designed to help schools to achieve a safer online environment in school communities. Thanks to funding from Rethink Ireland, CyberSafeKids can offer **100 FREE places** on the programme to schools in ALL COUNTIES, which involves a self-assessment tool, a report, a mark of good practice and bespoke consultation (normal package price €349). The programme is available for schools to sign up [HERE](#) or by emailing office@cybersafekids.ie. Although similar tools exist in the UK, this is the first tool of its kind in Ireland.

A short information flyer is also [available here](#). If you have any queries on this, please contact vicki@cybersafekids.ie.

According to our data* 98% of Irish primary school principals are concerned about online safety. CyberSafeKids is here to help with our CyberSafe Tool For Schools. With the generous support of Rethink Ireland, we are able to offer it for FREE to the FIRST 100 schools that sign-up (normal package price €349).

- How does it work?**
- A small sample of your school community fills in a short online survey (5 - 9 people depending on size of school - 10 mins each)
 - On completion you will get a school score and recommendations on how to further develop your approach to online safety
 - You will be awarded a digital award badge of best practice
 - You can book a free internet safety workshop or a 1:1 consultation

Although similar tools exist in the UK, this is the first tool of its kind in Ireland. By completing the CyberSafe Tool For Schools, you can get a clear snapshot of where your school stands on its online safety journey, measured against standards of best practice.



Talk Listen Learn: The internet is an integral part of our lives, providing fantastic opportunities to learn, create and connect, but the online world also creates challenges. The #TalkListenLearn campaign from Webwise encourages parents to have open and regular conversations with their child about the internet. To talk to them about benefits and the risks, but also to listen to what their child has to say and to learn about their life online. To find out more about the campaign and details about a free Parents Resource Pack [CLICK HERE](#)



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



Public Health Information regarding Covid-19: Following public health advice, the government have recently agreed that most of the public health measures which have been in place can be removed. To keep up to date on the Plan for Living with Covid-19 and remaining public health measures in place [CLICK HERE](#)
 For the most up to date information and advice on Coronavirus visit the HSE website [HERE](#) and visit the HSPC website [HERE](#)

Online Survey/ Consultations for completion/circulation:



Public Consultation on the next Government Policy Framework for Children and Young People in Ireland: The Minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman, T.D., has launched a public consultation on the next Government policy framework for children and young people in Ireland. The Department of Children, Equality, Disability, Integration and Youth will work together with other Government Departments and statutory agencies, children and young people, as well as community and voluntary stakeholders, to set out the actions needed to improve outcomes for children and young people in Ireland. This is the first in a series of consultations that will take place over the course of 2022 which will help to identify the main issues and help to shape future consultations. To complete the Online Survey [CLICK HERE](#) or for further details on how a child or young person can submit feedback e.g. through artwork or written submissions [CLICK HERE](#)

Parent Survey: Progressing Disability Services for Children and Young People



Progressing Disability Services for Children and Young People – Parents Survey: Over the last number of years the HSE has been working to re-organise therapy and psychology services for children with a view to improving services and access to services. This re-organisation is called the Progressing Disability Services for Children and Young People Programme. Children and young adults will receive therapy and psychology assessments and services through their local HSE Primary Care Services or HSE Children's Disability Network Teams. Inclusion Ireland would like to know what your family has experienced with Progressing Disability Services for Children and Young people. To complete the Inclusion Ireland Parent Survey [CLICK HERE](#) This survey will be anonymous and will help Inclusion Ireland to advocate on behalf of children on this issue of improving the experience and services for children and families into the future.



Webinars/ Training/ Events:

MIDLANDS TRAUMA INFORMED COMMUNITIES TRAINING NETWORK

SAVE THE DATES:



TUES, 22ND FEB
VENUE: TBA
TOPIC: AN OVERVIEW OF THE PROTOCOL AND AN INTRODUCTION TO MODULES
TIME: 12:15PM
DURATION: 15 MINS

TUES, 1ST MAR
VENUE: TBA
MODULE 1 - HEALTHCARE STAFF, FRONTLINE WORKERS & FIRST RESPONDERS
TIME: 12:15PM
DURATION: 30 MINS

FRI, 4TH MAR
DR. KAREN TREISMAN TRAINING
TOPIC: DIRECT WORKING SKILLS WITH CHILDREN AND ADOLESCENTS
TIME: 9:30AM-12:30PM
DURATION: 3HS

TUES, 8TH MAR
VENUE: TBA
MODULE 2 - CHANGING CONSCIOUSNESS AND HOW TO BRING ABOUT THE REALISATION
TIME: 12:15PM
DURATION: 30 MINS

TUES, 15TH MAR
VENUE: TBA
MODULE 3 - PARENTS, CARERS, MENTORS, FAMILY WORK AND HOME-SCHOOLING
TIME: 12:15PM
DURATION: 30 MINS

FRI, 25TH MAR
DR. KAREN TREISMAN TRAINING
TOPIC: DIRECT WORKING TO ADDRESS SPECIFIC DIFFICULTIES AND BEHAVIOURAL CONCERNS
TIME: 9:30AM-12:30PM
DURATION: 3HS

FRI, 29TH APR
DR. KAREN TREISMAN TRAINING
TOPIC: CREATING AND EXPRESSIVE WAYS OF WORKING WITH CHILDREN AND YOUNG PEOPLE
TIME: 9:30AM-12:30PM
DURATION: 3HS

FRI, 8TH APR
DR. KAREN TREISMAN TRAINING
TOPIC: THE IMPACT OF TRAUMA AND DISRUPTED ATTACHMENT ON EMOTIONAL REGULATION
TIME: 9:30AM-12:30PM
DURATION: 3HS

● NEXT NETWORK MEETING 31/03/21 @ 11AM-12PM (1HR)

Midlands Trauma Informed Communities Network Save the Dates Notice:

The Midlands Trauma Informed Communities Training Network are happy to share some very interesting trauma trainings with you for this Spring on a variety of new topics. See below a list of upcoming events, you are encouraged to save the dates for these events and further registration details will be circulated to Laois Offaly and Longford Westmeath CYPSC member organisations in the coming weeks.

Tuesday 22nd Feb 12:15pm – 12:30pm – Verbal First Aid – Introduction to modules

1st, 8th, 15th, 22nd March 12:15pm – 12:45pm – Verbal First Aid – Four modules

Friday 4th March 9:30am – 12:30pm – Dr. Karen Treisman – Direct Working skills engaging with Children and adolescents

Friday 25th March 9:30am – 12:30pm – Dr. Karen Treisman – Direct Working to address specific difficulties and behavioural concerns

Friday 8th April 9:30am – 12:30pm – Dr. Karen Treisman – The impact of Trauma and disrupted attachment on emotion development and on emotion regulation

Friday 29th April 9:30am – 12:30pm – Dr. Karen Treisman – Creative and expressive ways of working with children who have experienced bereavement/ loss – responses to Grief

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.

The 'Life Matters' podcast can be found on Spotify or you can listen in by [CLICKING HERE](#)

Edgeworthstown Parent & Toddler Group:

The Edgeworthstown Parent and Toddler group has recently regrouped and are meeting bi-weekly with the next group taking place on Tuesday 22nd February 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 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](#)

Hummingbirds Let's Make Music - Baby Song Classes:

Hummingbirds Let's Make Music in collaboration with Athlone Family Resource Centre are offering FREE Baby Song Classes in Athlone commencing on Wednesday 23rd February at 11:15am. This class is suitable for babies aged 12 weeks to 12 months old.

For further details and to register please contact Annemarie on 087 762 9121 or send a Private Message to [Hummingbirds Let's Make Music Facebook page](#).




FIRST RELEASE: ON AIR

The Spectrum Series

PODCAST
BROUGHT TO YOU BY CYPSC

Laos / Offaly

Featuring international and local speakers on a range of autism related topics.

Speakers: Aoife, Daniel, Katie



EDGEWORTHSTOWN PARENT & TODDLER GROUP. THE GREEN, EDGEWORTHSTOWN

FREE / ALL WELCOME

TUESDAY MORNINGS 10.30-12PM

JANUARY 25
FEBRUARY 8
FEBRUARY 22
MARCH 8

Note: Due to Covid-19 restrictions all parents are required to register their attendance by emailing enquiries@longfordchildcare.ie or calling 043 3342505



11.15 a.m Wednesday Feb 23rd
Sponsored by Athlone Family Resource Center

BABY SONG

ATHLONE FAMILY RESOURCE CENTER

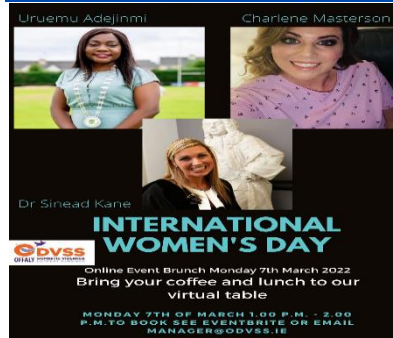


AIRC Midlands – Penguin Sports and Activity Club: AIRC Midlands Penguin Sports and Activity Club will take place on Sunday 13th February from 11am – 12pm in Ballinamuck Memorial Hall, Longford.

This is a fun hour for children with disabilities and their siblings.

Pre-booking is essential.

To book contact Sarah on 086 150 6416 or email sarahjermyn@gmail.com

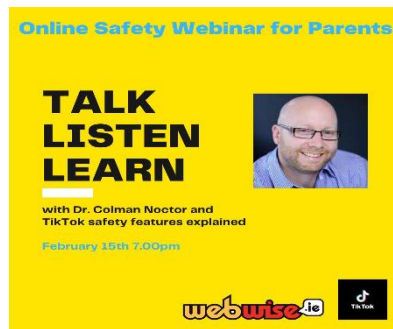


ODVSS International Women's Day Online Event: To celebrate International Women's Day Offaly Domestic Violence Support Service invite you to join them on Monday 7th March from 1 to 2 p.m. for International Women's Day Brunch.

Key speakers at this online event include Dr Sinead Kane, Charlene Masterson Uruemu Adejinmi. This is a free event, donations are welcomed and open to everyone.

To register for this event [CLICK HERE](#)

For more information contact ODVSS 0579351796 or email manager@odvss.ie

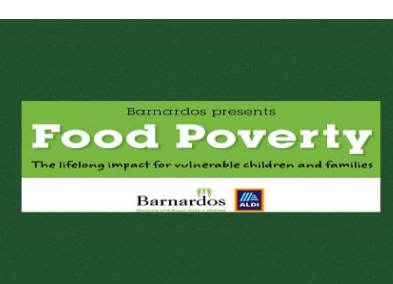


Talk Listen Learn: Supporting Teens Online webinar: Webwise; the Irish internet safety awareness centre is delighted to host the Talk, Listen, Learn Online Safety Webinar for parents of teens. Joining them will be Dr. Colman Noctor (Child and Adolescent Psychoanalytical Psychotherapist;) to discuss the opportunities and risks for teens online, offer practical advice to support parents and answer some frequently asked questions.

The TikTok Safety team will also provide a short explainer on how TikTok works and some key safety features. Finally Webwise will provide an overview of free resources and supports for parents. To register for this FREE event [CLICK HERE](#)

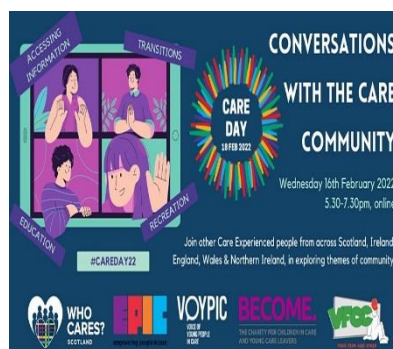


Barnardos Online Safety Webinar for Parents: This is Safer Internet week and Barnardos have a number of upcoming parent webinars about online safety namely on the 17th February and 16th March. The objective of the webinar is that parents leave feeling empowered; they will have an awareness of the risks online for children and practical tips that will help them keep their children safe and resilient online. For a list of upcoming webinar dates and to register please [CLICK HERE](#)



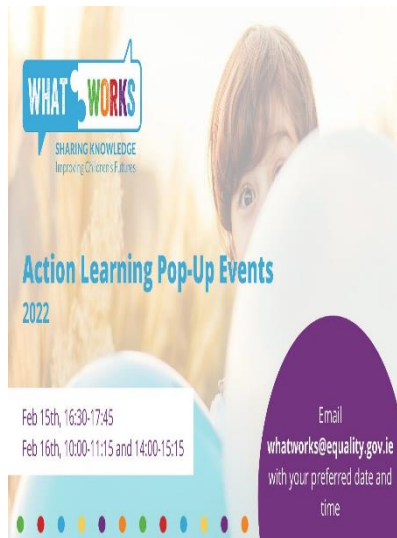
Food Poverty – The Lifelong Impact for Vulnerable Children & Families: As the leading charity for children in Ireland, Barnardos believes it is important to highlight a major social issue, Food Poverty, supported by their corporate partner, Aldi Ireland. On February 22nd, this forum will launch new research from Amárach Research which will provide insights into this social issue, focusing on raising awareness of the prevalence and impact of food insecurity on children and families in Ireland.

To Register for this event [CLICK HERE](#)



Conversations with the CARE Community: To celebrate CARE Day Five Nations One Voice invite you to join other Care Experienced people from across Scotland, Ireland, England, Wales & Northern Ireland, in exploring the theme of community. Every year, Five Nations One Voice celebrate Care Day with a joint event, this year they are hosting Conversations with the Care Community. Come along and join other Care Experienced people in exploring their digital village and discussing the themes of education, transitions, accessing information and recreation, in the setting of community.

[CLICK HERE](#) to Register



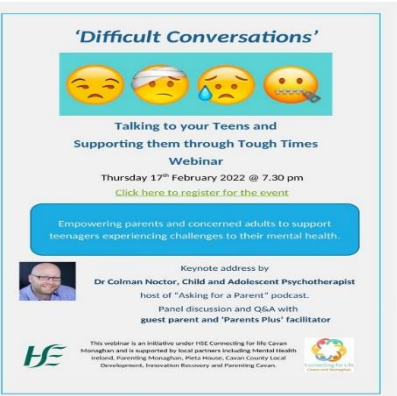
What Works Action Learning Pop- Up Events: The Department of Children, Equality, Disability, Integration and Youth is offering free once-off action learning opportunities to those working with children, young people and families.

“If your professional motivation needs a boost and working with children and young people is your job as well as your passion, why not participate in this unique learning opportunity with colleagues who share a commitment to promoting equality and inclusion?” Dr. Liz Hayes, Action Learning Host

The action learning events take place on the following dates:

- Tuesday, February 15th, from 16.30 to 17.45,
- Wednesday February 16th, from 10.00 to 11.15 and from 14.00 until 15.15

Simply pick a date and time that suits you and email your interest to whatworks@equality.gov.ie or for further details [CLICK HERE](#)



'Difficult Conversations' - Talking to your teens and supporting them through tough times: 'Difficult Conversations' is a webinar aimed at empowering parents and concerned adults to support teenagers experiencing challenges to their mental health. The webinar will take place on Thursday 17th February at 7:30pm

This webinar is an initiative under HSE Connecting for life Cavan Monaghan and is supported by local partners including Mental Health Ireland, Parenting Monaghan, Pieta House, Cavan County Local Development, Innovation Recovery and Parenting Cavan.

Keynote address by Dr. Colman Noctor, Child and Adolescent Psychotherapist and other guest speakers. Q&A panel discussion. [CLICK HERE](#) for registration

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

For a list of **Contact Details for Children, Youth and Family Services** in Longford, Westmeath, Laois and Offaly
Click on the CYPSC Contact Lists below:

Longford Westmeath

| USEFUL CONTACT NUMBERS FOR SERVICES SUPPORTING CHILDREN, YOUTH & FAMILIES IN LONGFORD & WESTMEATH | |
|--|--|
| TUSLA Mullingar 044 933 3899 / Longford 045 333 9584 | Longford Women's 116 003 224 0511 |
| TUSLA Education Support Service (TESS) Longford 045 33450876 / 087 050 9152 | Exile House Women's Refuge and Support Service 09864 24322 |
| TESS Westmeath 086 042 3159 (Johnnie) / 087 303 2079 (Mulligan) | Westmeath Support Service Against Domestic Abuse 044 9333068 |
| Longford County Council 045 3341300 / Longford Community Response 1800 300 127 | Midlands Rape Crisis Centre 09564 73862 / Free phone 1800 306 690 |
| Westmeath County Council 044 9332000 / Westmeath Community Response 1800 895 813 | Regional Sexual Abuse Helpline 1800 306 690 |
| Longford Community Response (C) 045 334 5035 | Pieta House 01 661 0006 |
| Longford Youth Service Town Project 086 853 6426 / County Project 086 853 6426 | Midlands Living Units 086 1800 641 |
| Westmeath Community Development www.cypsc.ie for list of available members or email info@cypsc.ie | Longford County Children's Committee 045 334 2505 |
| HSE (Dedicated Community Helpline) 1800 24 3809 | Westmeath County Children's Committee 044 9335454 |
| HSE Mental Health Crisis Text Box - Text 50888 for support | MABS 0711 07 2000 |
| Childline 1800 666 666 | Community Mothers Longford & Westmeath 0860422354 |
| Midlands Youth Drug & Alcohol support 027 93 13691 | Youth Work Ireland, Midlands 090 647 7075 |
| General Longford 0453300070 / Mullingar 044 938 4000 | IEP Project, Athlone 0864 27875 |
| Athlone 080 640 2600 | EYE Project, Mullingar 044 931 5052 / 086 372 8994 |
| Lea na Gaoithe Family Resource Centre, Grauard 087 0558549 | Mullingar Youth Project 044 9349616 / 086 7955354 |
| Casa Phain Family Resource Centre, Ballyvaughan 087 637 3637 | Athlone Youth Project 090 644 8035 / 086 795 5334 |
| Brickmoyne Family Resource Centre, Ballyvaughan 090 643 2691 | Youth Information Service 086 795 5684 |
| Athlone Family Resource Centre 090 640 4336 | The ARCS House, Longford 087 335 3874 |
| Barnardos Parent Support Service 1800 939 313 | The Gateway Project, Athlone 086 027 9149 |
| Barnardos Mullingar 084 91 92382 / Athlone 090 64 79422 | Foreign Liaison, Longford 086 1672020 |
| The Samaritans 116 123 | SARE Project, Longford 086 7954577 |
| | LEAP Project, Longford 086 8507373 / LEAP Family Support 086 8549888 |

Laois Offaly

| LIST OF SERVICES TO SUPPORT CHILDREN, YOUNG PEOPLE & FAMILIES IN LAOIS & OFFALY | |
|---|---|
| Offaly Local Development Company 086 8069882 | Youth Work Ireland Midlands 090 64 77075 |
| Laois Partnership Company 037 86 61900 | Youth Work Ireland Laois 057 86 65010 |
| TUSLA Tullamore 057 93 19599 / Portlaoise 057 86 92587 | Laois Domestic Abuse Service 057 86 71100 |
| Midlands Youth Drug & Alcohol Support 057 83 51691 | Offaly Domestic Violence Service 057 93 51886 |
| Barnardos Tullamore, Edenderry & Portlaoise 057 9326803 | Gardaí Tullamore 057 93 27600 |
| or on 044 9326463 | Gardaí Portlaoise 057 86 74100 |
| Portlaoise Community Dev Ass 085 856 8801 | Offaly Library Service 057 86 46834 |
| Tullamore Community & Family Resource Centre 057 93 20598 | Laois Library Service 057 86 22333 |
| Clara Community & Family Resource Centre 057 93 31928 | Offaly Traveller Movement Helpline 083 1006300 |
| Mountmallick Youth and Family Resource Centre 057 86 24601 | Laois Traveller Action Group 057 86 82210 |
| Portlaoise Family Resource Centre 083 0106264 | MENTO Laois Offaly 086 8167798 |
| Parents First Laois Offaly 086 1959221 / 083 8565252 | Regional Sexual Abuse and Rape Crisis Centre Tullamore Helpline 1800 32 32 32 or 057 93 22500 |
| Inclusion Ireland - Disability support 01 8558891 | *PLEASE NOTE PHONE SERVICE ONLY AVAILABLE FOR SOME SERVICES* |
| Family Carers Ireland Laois Offaly 057 93 70208 | |