

General Information/ Updates:



Longford Westmeath CYPSC are establishing two new Subgroups

Active & Healthy subgroup &
Economic Security & Opportunity for young people subgroup.

All statutory, community & voluntary providers of services to children, young people and families in Longford & Westmeath are welcome to join.

For further information and details on how to join the LW CYPSC network contact grainne.reid@tusla.ie

CYPSC are a key structure identified by government to plan and coordinate services for children and young people (aged 0 to 24 years) in every county in Ireland

Longford Westmeath CYPSC – Establishment of two new subgroups:

LW CYPSC are establishing two new subgroups in the coming weeks, namely a dedicated Active and Healthy Physical and Mental Wellbeing subgroup and an Economic Security and Opportunity for Young People subgroup.

All statutory, community and voluntary providers of services to children, young people and families in Longford and Westmeath are welcome to join. If you or anyone in your organisation would like to join either of these subgroups or you would like to join any of our existing subgroups, namely Prevention Partnership & Family Support subgroup, Early Years Learning Subgroup, Parental Support Subgroup and Child and Youth Participation Subgroup please email grainne.reid@tusla.ie for further details.



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](#)



Tusla National Fostering Week 21st – 27th February 2022: This week is Tusla National Fostering Week, and this year we are paying particular focus on the need for carers for older children in communities across the country. We want to enable all of our young people to maintain their connections with their friends, sports, school and local community.

Across Ireland some 4,124 Tusla foster carers open their homes to 5,450 children. The transition to foster care can be challenging for any child, but older children and teenagers are at a particularly important time in their development. An increase in local foster carers can ensure a young person can stay connected to their home and support network.

To learn more about fostering, and hear about fostering experiences from real foster carers, there are a number of online information sessions available, to register for these sessions or to find out more about National Fostering Week [CLICK HERE](#)



Ireland Reads – Squeeze in a Read: Ireland Reads takes place tomorrow Friday 25th February 2022 and people of all ages are invited to get reading. One minute, ten minutes, an hour, or more – it doesn't matter how long you read for or what you read! Why? Because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing.

Why not check out www.irelandreads.ie and take the pledge to squeeze in a read! There are also many events taking place in local libraries. Keep an eye on your local library social media pages or you can check out your local Library website links below. [Longford Library](#) [Westmeath Library](#) [Laois Library](#) [Offaly Library](#)



Public Health Information regarding Covid-19: Following recent 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 [CLICK 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. 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. 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](#)

Webinars/ Training/ Events:

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 full list of upcoming events & registration links.

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

- Module 1 - Healthcare staff, Frontline workers & First responders
- Module 2 - Chaplains, counsellors, and those dealing with the bereaved
- Module 3 - Teachers, Educators, and those working with children & vulnerable people
- Module 4 - Parents, Carers managing family, work and home-schooling

To Register for any of the modules above [CLICK HERE](#)

4th, 25th March, 8th, 29th April 9:30am – 12:30pm – Dr Karen Treisman Workshop Series – Click on the workshop title below for registration details

Friday 4th March [Direct Working skills engaging with Children and adolescents](#)

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)



the wheel
Stronger Children, Stronger Communities

By bringing children's experiences to the fore, we can help to build resilience, support recovery and ensure that children and young people have a voice in decisions that affect them.

By being trauma-informed, we can help to build resilience, support recovery and ensure that children and young people have a voice in decisions that affect them.

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Dr. Karen Treisman - Spring Workshop Series

FRIDAYS
9.30AM - 12.30PM

4TH & 25TH MARCH
8TH & 29TH APRIL

VIA ZOOM



HSE Foundation Programme in Sexual Health Promotion (FPSHP): The new revised format 6-day FPSHP is a comprehensive capacity building training programme for service providers who want to develop their confidence, skills and knowledge in the area of sexual health promotion, and incorporate sexual health promotion into their work. The FPSHP is for service providers from the **health, education, community and youth sectors** who have the potential and capacity to undertake Sexual Health Promotion within their organisation. The FPSHP is a Six-day course delivered across a three-month period. The upcoming programme will take place in Athlone on the following dates: April 26th & 27th, May 24th & 25th, June 14th & 15th 2022. Application details and information flyer available to download on www.activelink.ie/node/88393 Hard copy application forms are available from Kathleen Parady Health Promotion & Improvement Tel: 057 93 57800 Kathleen.pardy@hse.ie Closing date for receipt of competed applications is Monday 7th March 2022

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.

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.

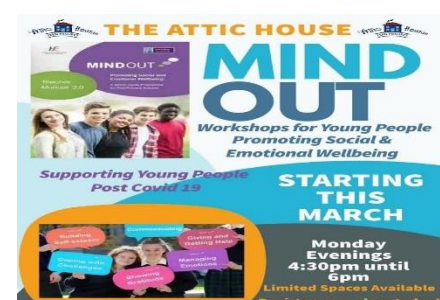
Upcoming dates are 8th & 22nd March; 5th April; 3rd, 17th & 31st May and 14th June 2022.

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](#)

Mind Out Workshops for young people: The Attic House Teen Project Longford are hosting the [HSE MindOut](#) Programme this March. MindOut is a Social and Emotional Wellbeing Programme for Senior Cycle students, which aims to enable young people to achieve positive outcomes in school, work and in life more generally. The programme will be take place on Monday evenings 4:30pm – 6pm.

There are limited spaces available and early booking is advised. To register your place on this programme [CLICK HERE](#)



LIST OF SERVICES TO SUPPORT CHILDREN, YOUNG PEOPLE & FAMILIES IN LAOS & OFFALY



- Offaly Local Development Company 086 890882
- Laois Partnership Company 057 86 61300
- TUSLA Tuamloe 057 93 19599 Portlaoise 057 86 92567
- Midlands Youth Drug & Alcohol Support 057 93 51691
- Barnardos Tuamloe, Edenderry & Portlaoise 057 9326803 or on 046 6722363
- Portlarrington Community Dev Aus 085 856 8801
- Tuamloe Community & Family Resource Centre 057 93 20198
- Clara Community & Family Resource Centre 057 93 31828
- Mountmellick Youth and Family Resource Centre 057 86 24601
- Portlaoise Family Resource Centre 083 0106264
- Parents First Laois 086 1859221, 083 8565252
- Inclusion Ireland – Disability support 01 8559891
- Family Carers Ireland Laois 0507 93 70208
- Youth Work Ireland Midlands 090 64 77075
- Youth Work Ireland Laois 057 86 65010
- Laois Domestic Abuse Service 057 86 71100
- Offaly Domestic Violence Service 057 93 51886
- Gardai Tuamloe 057 93 27600
- Gardai Portlaoise 057 86 74100
- Offaly Library Service 057 93 46834
- Laois Library Service 057 86 22333
- Offaly Traveller Movement Helpline 083 1006300
- Laois Traveller Action Group 057 86 82210
- MEND Laois 086 8167798
- Regional Sexual Abuse and Rape Crisis Centre Tuamloe Helpline 1800 93 32 or 057 93 22500
- Jigsaw Laois 0507 www.jigsawonline.ie

* PLEASE NOTE PHONE SERVICE ONLY AVAILABLE FOR SOME SERVICES*