

General Information/ Updates:



Let's Get Set: As we step into another new year, 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](#)



Better Outcomes Brighter Futures Annual Report: Minister for Children, Roderic O'Gorman T.D., last week published the sixth and final [Annual Report for the 'Better Outcomes, Brighter Futures \(BOBF\) National Policy Framework for Children and Young People'](#). Alongside the Annual Report, the Minister has also published updates to the [Better Outcomes, Brighter Futures Indicator Set](#). The indicator set tracks progress for children and young people aged 0-24 across the five national outcomes outlined in *Better Outcomes, Brighter Future*. The indicator set provides a broad picture of: how children and young people in Ireland are faring, in terms of how active and healthy they are; the extent to which they are achieving their full potential in learning and development; how safe and protected they are from harm; how economically secure they are; and how connected, respected and engaged they are in society. For further details [CLICK HERE](#)



Laois Offaly CYPSC Life Matters Podcast: Laois Offaly CYPSC have this week 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](#)



Safer Internet Day 8th February 2022: Safer Internet Day 2022 is just around the corner, and we hope that you will join in the celebrations on Tuesday, February 8th!

Safer Internet Day (SID) is an EU wide initiative to promote a safer internet for all users, especially for children and young people. SID has grown to become a global event and is now celebrated in approximately 170 countries. Coordinated and promoted in Ireland by [Webwise](#), Safer Internet Day has grown to become the key date in the online safety calendar. Webwise are encouraging organisations across Ireland to show your support and help make the internet a safer and better place, especially for children and young people. If you are a school, club or organisation you can contact Webwise and let them know what you will be doing to support Safer Internet Day on February 8th by

[CLICKING HERE](#) . See also *Safer Internet Day webinars in events section below.*



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

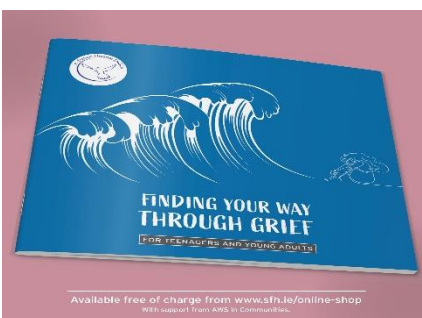
Health and Wellbeing Podcasts – Midlands Area: A series of health & wellbeing podcasts have been produced in recent months in the Midland counties. These podcasts capture a wide range of diverse and interesting conversations with a range of professional staff working across the Statutory, Community & Voluntary sector in the Midlands. Other guests include Author Stella O'Malley, Counsellor, and Psychotherapist, and Author John Loneragan former Governor of Mountjoy Prison. These thought-provoking conversations give fascinating insights into the experience and knowledge gained by these staff working across communities. An example of topics include: [It takes a village](#), [Building Resilience](#), [Domestic Abuse](#), [Parenting](#), [It's Playtime](#), [Fear Less](#), [Sport & Youth Mental Health](#) and [The Modern Family](#), and many, many more!

The podcasts have been created through a collaborative partnership with HSE Health Promotion & Improvement (Midlands Louth Meath CH0 8), HSE Resource Office of Suicide Prevention (Laois Offaly), Westmeath Community Development, Offaly Local Development Company, Laois Partnership Company, and Longford Community Resources clg. Please click on the various Podcast logos to access the wide range of podcasts available.

Finding your way through grief – for teenagers and young adults: "Finding your way through grief: For teenagers and young adults" is the first book in the Irish context designed as a resource for young people themselves to use as they navigate their way through bereavement and loss. This book was written by the social work team of St Francis Hospice Dublin in collaboration with bereaved teenagers. These young people speak in the book about what helped them in their grief, in the hope that it will help others understand how grief can affect young people and what can help.

To order a **FREE COPY** [CLICK HERE](#)

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](#)



Webinars/ Training/ Events:



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 8th 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](#)



Start from the Heart Parenting Programme: The [Start from the Heart Parenting Programme](#), supported by Longford Westmeath CYPSC and the Healthy Ireland Fund is being rolled out across the counties of Longford and Westmeath through the four local Family Resource Centres. Start from the Heart introduces the latest research on neuroscience, brain development, attachment and the impact of childhood trauma. It explores how stress, relationships and early experiences affect us, as we journey through parenting. To find out dates for upcoming Start from the Heart groups in your area, contact your local Family Resource Centre:

[Athlone FRC](#) - 085 251 2224

[Lus na Greine, Granard](#) – 043 666 0977

[Cara Phort, Ballinacarrigy](#) - 044 937 3060

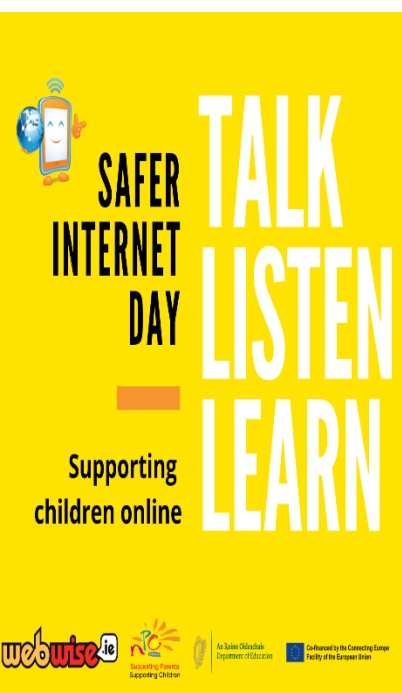
[Bridgeways, Ballymahon](#) – 090 643 2691

Safer Internet Day #TalkListenLearn: Webwise in partnership with the National Parents Council Primary are pleased to invite you to the #TalkListenLearn Safer Internet Day 2022 event on supporting children online. The event will include an expert guest panel discussion addressing some of the key findings of the recent National Advisory Council for Online Safety Report of a National Survey of Children, their Parents and Adults regarding Online Safety 2021: Parents underestimate the risks to which their child has been exposed to in the past year. Less than half of parents are aware of contact and conduct risks their children have experienced. Where children have been exposed to harmful online content, just one third of parents are aware of this

Moderated by Gavan Reilly (Political correspondent with Virgin Media News and the host of Newstalk's On The Record), the event will include contributions from CEO of the National Parents Council Primary; Áine Lynch, Emeritus Professor, Technological University Dublin and Deputy Chair of the National Advisory Council for Online Safety; Professor Brian O'Neill, Child and Adolescent Psychoanalytical Psychotherapist; Dr. Colman Noctor and members of the Webwise Youth Advisory Panel.

There will also be a showcase of newly developed resources for parents/guardians.

To Register for this FREE event which takes place on 7th February at 11am [CLICK HERE](#)





Barnardos Online Safety Programme

FREE webinar
Online Safety for Parents

Wed 26th Jan, 7.30pm
Tues 8th Feb, 7.30pm

Thurs 17th Feb, 8pm
Wed 16th March, 7pm

Facilitated by Barnardos Online Safety Trainers
Book now: [Barnardos.ie/parents/OSP](https://www.barnardos.ie/parents/OSP)

Barnardos Online Safety Webinar for Parents: With Safer Internet Day around the corner, why not join one of Barnardos's upcoming parent webinars about online safety?

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](#)



MLM CHO8 Recovery Education

MLM CHO8 REC_ED IN PARTNERSHIP WITH TRAVELLER ORGANISATIONS & TRAVELLER MENTAL HEALTH SERVICE COORDINATOR INVITES YOU TO JOIN THE CONVERSATION.


WHAT CULTURALLY APPROPRIATE RECOVERY MEANS TO TRAVELLERS

OPEN SESSION ONLINE
8TH FEB AT 10.30AM - 12PM
Call: 087 3545 079
Email: anneoreilly@mentalhealthireland.ie

What Culturally Appropriate Recovery means to Travellers: Midlands Louth Meath CHO8 Recovery education in partnership with Traveller organisations and Traveller mental health service coordinator invites you to join the conversation on "What Culturally appropriate Recovery means to Travellers".

This FREE Online workshop will take place on 8th February from 10:30am to 12pm. It is open to anyone interested in promoting mental health and well-being.

For further details email: anneoreilly@mentalhealthireland.ie or phone 087 3545 079 or alternatively [CLICK HERE](#) to register



'Difficult Conversations'

Talking to your Teens and Supporting them through Tough Times

Webinar
Thursday 17th February 2022 @ 7.30 pm
[Click here to register for the event](#)

Empowering parents and concerned adults to support teenagers experiencing challenges to their mental health.

Keynote address by
Dr Colman Noctor, Child and Adolescent Psychotherapist
host of "Asking for a Parent" podcast.
Panel discussion and Q&A with
guest parent and "Parents Plus" facilitator

'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.

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 044 935 9999 / Longford 043 535 6964
- TUSLA Education Support Service (TES) Longford: 043 5350899 / 087 030 8132
- TES Westmeath 086 047 1159 (Mullingar) / 087 283 2029 (Mullingar)
- Longford County Council 043 3343300 / Longford Community Response 1800 300 122
- Westmeath County Council 044 9332000 / Westmeath Community Response 1800 805 815
- Longford Community Resources: 04 983 394 5555
- Longford Health Service Town Project 086 851 6426 / County Project 086 851 6426
- Westmeath Community Development: www.westmeath.ie for list of enable: members or email: info@westmeath.ie
- HSE (Dedicated Coronavirus Helpline) 1800 24 1800
- HSE Mental Health Crisis Res Bar – text: 50308 for support
- Childline 1800 566 666
- Midlands Youth Drug & Alcohol support 057 93 51991
- Gardaí Longford 043335070 / Mullingar 044 938 6000 / Athlone 090 649 2609
- List Ina (Ina) Family Resource Centre, Grasmere 087 0558499
- Care First Family Resource Centre, Ballinacorney 087 637 9433
- Rockways Family Resource Centre, Ballymahon 090 643 2601
- Athlone Family Resource Centre: 090 649 4336
- Barnardos Parent Support Service 1800 938 123
- Barnardos Mullingar 044 93 3582 / Athlone 090 64 7642
- The Samaritans 116 123
- Longford Women's Line 043 534 5511
- Exiles House Women's Refuge and Support Service 09064 74122
- Westmeath Support Service Against Domestic Abuse 044 9333868
- Midlands Rape Crisis Centre 09064 72662 / Free phone: 1800 306 690
- Regional Sexual Abuse Helpline: 1800 306 690
- Pieta House 01 661 0000
- Midlands Living Links 086 1600 641
- Longford County Childcare Committee 043 334 2565
- Westmeath County Childcare Committee: 044 9335454
- NABO 0761 97 2000
- Community Matters Longford & Westmeath 0800423354
- Youth Work Ireland, Midlands 090 647 7075
- ALJ Project, Athlone 09064 77075
- EYE Project, Mullingar 044 933 5652 / 086 372 8994
- Mullingar Youth Project 044 3348036 / 086 7555354
- Athlone Youth Project 086 848 8285 / 080 795 5134
- Youth Information Service 086 795 5084
- The Ark House, Longford 087 195 3874
- The Gateway Project, Athlone 086 027 9149
- Foreign Futures, Longford 086 9672020
- SAFE Project, Longford 086 7945677
- LEAP Project, Longford 086 8507771 / LEAP Family Support 086 8549888

Laois Offaly



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

- Offaly Local Development Company 086 8609882
- Laois Partnership Company 057 86 61900
- TUSLA Tullamore 057 93 19599 / Portlaoise 057 86 92547
- Midlands Youth Drug & Alcohol Support 057 93 51693
- Barnardos Tullamore, Edenderry & Portlaoise 057 9328803 or on 046 9732463
- Portlaoise Community Dev Ass 085 856 8801
- Tullamore Community & Family Resource Centre 057 93 20598
- Clara Community & Family Resource Centre 057 93 31928
- Mountmellick Youth and Family Resource Centre 057 86 24601
- Portlaoise Family Resource Centre 083 0106264
- Parents First Laois Offaly 086 1959221, 085 8565252
- Inclusion Ireland – Disability support 01 8558891
- Family Carers Ireland Laois Offaly 057 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
- Gardaí Tullamore 057 93 27600
- Gardaí 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 Offaly 086 8167798
- Regional Sexual Abuse and Rape Crisis Centre Tullamore Helpline 1800 332 32 32 or 057 93 22500
- Jigsaw Laois Offaly www.jigsawonline.ie

PLEASE NOTE PHONE SERVICE ONLY AVAILABLE FOR SOME SERVICES