

General Information/Updates:



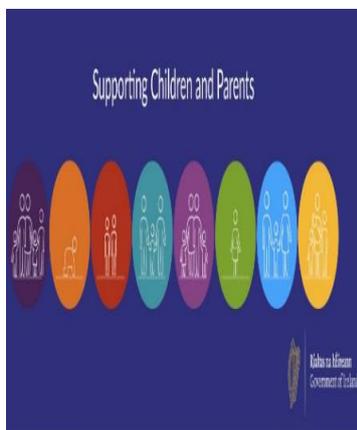
Ireland's Response to the situation in Ukraine: A webpage on the whole-of-Government response to the situation in Ukraine is now available at www.gov.ie/ukraine (and is updated regularly) which includes information on supports and services available to people arriving from Ukraine. You can find information 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 Westmeath – ukrcommunityforum@westmeathcoco.ie

Laois – responseforum@laosicoco.ie Offaly – communityforum@offalycoco.ie



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.

Click on the following links for information and resources for [Young People](#) and [Parents](#)

There is also a dedicated [Ukrainian Resources](#) section



SunSmart campaign & Children's Art competition: As part of the SunSmart campaign the HSE's National Cancer Control Programme, in collaboration with Healthy Ireland and cross-sectoral partners are working together to support people to protect their skin from the sun. The aim of the campaign is to increase awareness of the steps you and your family can take to protect your skin from the sun and reduce your risk of skin cancer in Ireland. A Children's art Competition is also being run as part of the campaign and is open to all primary school children, depending on their age category to either colour-in a SunSmart image or draw an image showing how to be SunSmart!

For full details on how to enter [CLICK HERE](#)

For further information on how you can be SunSmart and protect your families skin from the sun [CLICK HERE](#)



START Public Health Campaign: START is a public health campaign which aims to support families to take small steps to eating healthier food and becoming more active. New research shows that families spent €160 on treat foods during April 2022. The START campaign launches its latest drive to encourage parents to reduce treats with advice on ways to start swapping treats with fruit after school.

For further details on the campaign and useful information and tips [CLICK HERE](#)



8 Steps to Inclusive Youth Work – New Resource Launched (NCYI): The National Youth Council of Ireland (NYCI) has launched the new updated “8 Steps to Inclusive Youth Work” a tool that supports youth organisations to build best quality inclusion practice in youth settings. Building responsive, diverse and inclusive youth settings is critical in ensuring that everyone in the community can play their part in creating a society that is socially just and equal.

The 8 Steps to Inclusive Youth Work recognises that every youth worker and every organisation is on a different stage of the journey in their inclusion practice, and it has something to offer everyone on that journey. To download this free resource [CLICK HERE](#)



First 5 My Little Library Initiative: More than 60,000 children will start school in September 2022 and each participating child is invited to collect a **FREE Book bag** of stories and fun from their local library.

This project is a collaboration between the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), the Department of Rural and Community Development (DRCD), local authorities and the Local Government Management Agency (LGMA).

Information on supporting transitions to school is available for parents on the

[Let's Get Ready page on gov.ie](#)

You can also check out your local library webpages at the following links

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

Online Survey/ Consultations for completion/circulation:



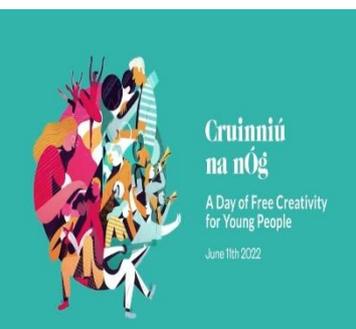
Survey on the impacts of COVID-19: NUI Galway are currently inviting adults aged 18-29 years living in Ireland to take part in an international research study exploring perspectives on the impact of COVID-19. This study is being conducted by Dr Lindsay Sullivan, a Lecturer in the Discipline of Children's Studies at NUI Galway in collaboration with researchers at 79 other sites across the globe. To participate in this survey [CLICK HERE](#).

This anonymous survey assesses the impact, perceptions, and experiences of COVID-19 on young people, including on individual's overall wellbeing, identity, coping strategies, and behaviours. Deadline to complete the survey is 31st July

For additional information about please contact Dr. Lindsay Sullivan via email at

LindsayMarie.Sullivan@nuigalway.ie

Webinars/ Training/ Events:



Cruinniú na nÓg 2022: Catherine Martin, Minister for Tourism, Culture, Arts, Gaeltacht, Sport and Media, recently announced the date of Cruinniú na nÓg 2022 which will take place on Saturday 11th June. This is a day of free creative activity for young people. Cruinniú na nÓg 2022 is a collaboration between the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, the Creative Ireland Programme, local authorities and RTÉ and is the only event of its kind in the world. Cruinniú na nÓg has more than 450 events made specially for kids and families, both online and in person events right across the country.

For a full list of events happening in your location [CLICK HERE](#)



Start from the Heart

Come along to this **free, life changing, heart centered** parenting programme for parents of children and young people of all ages.

When: Every Tuesday for 10 weeks starting 13th Sept. 10.15am – 12.15pm.
Where: Bridgeways Family Resource Centre
What: Support, tips, tools & resources to support your parenting journey.

To book, please contact:
Grace on 085-8668062/
Emer on 085-2551555
or via social media

Facilitated by
Bridgeways FRC Staff
Grace & Emer

Connected for life

Start from the Heart Parenting Support Ballymahon: The next [Start from the Heart Parenting Programme](#), supported by Longford Westmeath CYPSC and the Healthy Ireland Fund will be delivered in Bridgeways Family Resource Centre, Ballymahon every Tuesday for 10 weeks commencing 13th September (10:15am – 12:15pm). 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 book, please contact:

Grace – 085 8668062 or Emer – 085 2551555 or via Bridgeways FRC social media pages.



SUNDAY CIRCUS EXTRAVAGANZA!

NEW HORIZON, GALWAY COMMUNITY CIRCUS AND GATEWAY YOUTH PROJECT ARE PROUD TO PRESENT THIS WONDERFUL DAY OF FUN JUGGLING, ACROBATICS, STILT WALKING AND LOTS MORE!

JOIN US ON SUNDAY THE 19TH OF JUNE

AS PART OF WORLD REFUGEE WEEK AS WE CELEBRATE THE CULTURE AND HERITAGE THAT BRINGS US TO OUR COMMUNITY.

TIME 3PM TO 5PM
LOCATION: CIVIC SQUARE ATHLONE

World Refugee Week – Athlone Sunday Street Circus:

As part of World Refugee Week, New Horizon, Galway Community Circus and Gateway Youth Project have come together to present a Street Circus on

Sunday 19th June in the Civic Square, Athlone from 3pm – 5pm.

A fun family day out with juggling, acrobatics, stilt walking and lots more. Not to be missed!



Parents First NEW PARENTS with new babies

Every Tuesday 11 – 12:30
The Space, Tullamore Library

For additional information, get in touch!
dolores@parentsfirst.ie
www.parentsfirst.ie
Parents First

Call 086 1959221

Laois Offaly Parents First New Parents with new Babies get-together:

Parents First 'Laois, Offaly' CLG host a get-together for new first-time parents in Tullamore Library every Tuesday morning from 11am to 12:30pm.

If you and your baby would like to come along, or you would like additional information please contact Dolores on 086 1959221 or email dolores@parentsfirst.ie or visit the [Parents First website](#)



Mullingar PARENT & TODDLER GROUP

THURSDAYS
in Parish Community Centre from 11:30am

Activities
Free play
Story time
Songs, rhymes
and more...

CONTACT CAROL 087 931 0848
CLAIRE 087 688 0441
WOMEN'S COMMUNITY PROJECTS
044 93 34827

Mullingar Parent and Toddler Group: Westmeath Community Mothers in conjunction with Women's Community Projects are hosting a new Parent and Toddler group for the Mullingar area.

The group meet every Thursday in the Parish Community Centre, Mullingar from 10am to 11:30am.

For further details please contact Carol – 087 931 0848 or Claire – 087 688 0441 or contact Women's Community Projects Mullingar on 044 93 34827



Coffee Morning for parents of children with additional needs

Dates: Monday, May 2
Monday, May 16
Monday, May 30

Time: 10am-12:00pm
Contact: 086 150 6416
aircmidlands@gmail.com

Venue: Longford Community Resources (CRL)
Terapark Road, Longford P43 1K122
located beside Fenlon's factory on the road beside the fire station (off the Mall)

ALL WELCOME - FREE

PLAY AREA FOR SMALL CHILDREN

Coffee Mornings for Parents of Children with Additional Needs - Longford:

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



Come join us for coffee and chat 1st Tuesday of the month

AIRC MIDLANDS COFFEE MORNING

Annebrook Hotel 10:00pm
Tuesday the 5th of April

AIRC.MIDLANDS@GMAIL.COM
CONTACT: 089 4708741 FOR ANY QUERIES

Coffee Mornings for Parents of Children with Additional Needs - Westmeath:

Airc Midlands coffee morning for parents of children with additional needs takes place the first Tuesday in every month in the Annebrook hotel, Mullingar from 10am – 12pm .

This is a Free group for parents of children of all ages To book your place email aircmidlands@gmail.com or phone 089 4708741



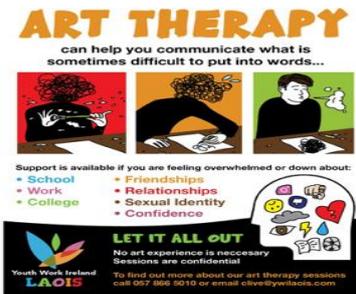
Slaintecare Healthy Communities Triple P Programme: Triple P is a Positive Parenting Programme that is a flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation. Triple P is run in a small group setting and parents can attend one or multiple sessions.

For information regarding the delivery of upcoming Triple P Parenting programmes in Longford contact admin@ingfrc.ie and in the Athlone area please contact triplepathlone@barnardos.ie



EPIC, Empowering People in Care's Care Experience Podcast: The latest Epic Experience podcase was recorded live at the 'Advocacy, Education and the Care Experience: Educators from a different perspective' seminar with a full panel of care-experienced guest speakers. This lively discussion contains a lot of insights from those with lived experience of the Irish care system and offers a lot of learning for anyone studying, or working in, the social care system, and will also be of interest to foster parents, other care experienced youth and all #CareAware advocates and supporters out there.

To tune in to the CARE Experience Podcast recorded live in Waterford [CLICK HERE](#)



Youth Work Ireland Laois – Art Therapy Sessions: An art therapy service for young people is available two days per week in Youth Work Ireland Laois. Art therapy can help young people communicate what is sometimes difficult to put into words.

No art experience is necessary and all sessions are confidential.

To find out more about this Art Therapy service contact

YWI Laois at 057 866 5010 or email clive@ywilaois.com

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