





Ukrainian Response

Please see below a list of resources and information

Відповідь України

Нижче наведено список ресурсів та інформації



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.

If you are a Ukrainian citizen or if you are fleeing Ukraine, the Irish Government will help you when you arrive in Ireland. 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 are being established in every local authority area across the country to coordinate local responses to the Ukraine crisis. Local community and voluntary groups around the country have been mobilising in recent weeks to welcome into their communities people who are fleeing Ukraine. As the new arrivals begin to settle in, each local authority has established a Community Response Forum to provide a co-ordination point for the community and voluntary response in their area. A press release regarding the Forums was released on 4th April and can be downloaded HERE



HSE Healthcare Services for Ukrainian nationals in Ireland: If you arrive in Ireland from Ukraine, you can get support from the Irish State including access to healthcare services. The HSE (Health Service Executive) is Ireland's public healthcare service. To access the HSE Website containing details on Healthcare Services available **CLICK HERE**

This page is also available in other languages:

Ukrainian - <u>Медичні послуги для українців, які прибувають до Ірландії</u> Russian - <u>Медицинские услуги для украинцев, прибывающих в Ирландию</u>



Supporting the Wellbeing of Children from Ukraine in your School: Dept of Education:

In light of the ongoing conflict in Ukraine, many schools across the country will be supporting Ukrainian families and pupils as they arrive in Ireland. The National Educational Psychological Service (NEPs) have developed two guidance documents entitled <u>'Supporting the Wellbeing of Children from Ukraine in your school</u>, one for Primary and another for post primary schools.

The Irish National Teachers Organisation (INTO) have collated several useful resources for schools on their website with can be viewed **HERE**

The INTO also recently hosted a webinar for members who are or will be welcoming Ukrainian children to their schools over the coming weeks. To view the webinar **CLICK HERE**



Language Connect – Language Mats for the classroom: Language Connect have developed a range of language mats including Ukrainian and Russian mats to help students learn everyday language. These mats would serve as a useful tool for helping new Ukrainian pupils and students to access the language of the classroom whether they have Russian or Ukrainian as their home language. Other students may also find some nice phrases here too! The mats can be downloaded or hard copies of the mats can be ordered. For further details CLICK HERE







Parents and Carers Guide to School Applications: Tusla Education Support Service (TESS) have translated their guide containing "Tips for enrolling a child in school" to assist Ukrainian parents find a school placement for their child(ren) in Ireland.

To download the guide in English and/ or Ukrainian click on the links below.

Parents and Carers Guide to School Applications
Посібник для батьків та опікунів щодо подання заяв до школи



Talking to Children about War: With news of the war in Ukraine dominating headlines, social media platforms and conversations across the country, many children in early learning and care and school_age childcare settings will have been exposed to information about the conflict. Barnardos have developed a guidance document entitled "Talking to Children about War".

To download this resource **CLICK HERE** or for further guidance and information **CLICK HERE**



Solutions and resources to keep children reading during the Ukraine crisis: All Children Reading: A Grand Challenge for Development (ACR GCD) has tested, implemented and scaled education technology (EdTech) solutions and tools to increase literacy and access to education for children in low-resource contexts, including resources that specifically address educational and psychosocial needs of children in conflict settings. Two free tools have been developed for immediate use and easily accessed and used in homes, temporary settlements, refugee camps, schools, reading camps and other contexts. The tools are translated into multiple languages.

For further information and to access the tools **CLICK HERE**



Global Book Alliance: The Global Book Alliance is a partnership of donor agencies, multilateral institutions, and civil society organizations that are committed to bringing books to every child in the world by 2030. One initiative of the Alliance is the <u>Global Digital library</u>. This is an open-source library for schools and school systems, donor agencies and their partners, publishers, digital distributors and content providers, parents, and children. The Global Digital Library (GDL) has been developed to increase the availability of high-quality reading resources—reading instruction books and storybooks for leisure reading—in languages children use and understand.

To access a wide range of Ukrainian books for children in the digital library **CLICK HERE**

To access the GDL which contains 6,000 + books in over 90 different languages CLICK HERE



The Psychological Society of Ireland – Time of War Resources: Due to Russia's invasion of Ukraine on 24 February 2022, many Ukrainians have had to leave their homes. With Ireland welcoming refugees, the PSI has set up a <u>dedicated resources section</u> on their website to provide assistance to refugees and those that have been affected by the war in Ukraine and other wars.

One such resource is a rapid response psychology tool to aid the public's assistance to Ukrainian refugees arriving in Ireland CLICK HERE to view. To access the resources page for psychologists, refugees, and members of the general public CLICK HERE

Irish Refugee Council: The Irish Refugee Council has information for people fleeing Ukraine including answers to a wide range of frequently asked questions and information on supports available. This information is available in Ukrainian and Russian.

To access the website, **CLICK HERE**







General Information/ Updates/ Events:



Spring into Storytime: <u>Spring into Story Time</u> is a celebration of families reading together that is running in public libraries countrywide throughout April.

There are lots of fun events at your local library this Easter.

For information on what is happening in your local area contact your local library

Longford, Westmeath, Laois, Offaly or keep an eye on your local libraries social media platforms for upcoming events!

<u>Children's story-time sessions</u> are also available online thanks to cooperation between local library services and Irish publishers.



First 5 My Little Library Initiative: The Minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman, this week announced the roll-out of the First 5 My Little Library Initiative. The initiative will see more than 60,000 children starting school in September invited to collect a free book bag and join their local library, with participating children and their parents receiving an invitation in the coming days.

The 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).

Invitations for parents and children to My Little Library and other information on supporting transitions is available on the Let's Get Ready page on gov.ie.

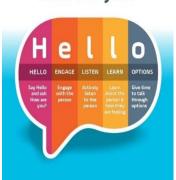


Westmeath Healthy Ireland Healthy Services: Longford Westmeath CYPSC were delighted to be part of the recent Westmeath Healthy Ireland Healthy Services event hosted by Westmeath County Council. LW CYPSC were featured on the Westmeath Healthy Services video alongside many other organisations in the county that deliver services and initiatives within the community. This video highlights the wide range of services that are available across County Westmeath. To watch the video in full CLICK HERE



How are you?

National Hello How Are you? Day: Today Thursday 7th April is National #HelloHowAreYou day, a Mental Health Ireland campaign that aims to empower us all, and to provide a listening ear to someone that might need it. #HelloHowAreYou is a campaign about connection and engaging in open conversations about mental health. The campaign asks individuals, communities, workplaces, friends & family to say Hello and ask the question 'How Are You?' in a meaningful way. You don't need to be an expert to have a meaningful conversation. By using the HELLO Steps you can feel supported in asking the question.



The five H.E.L.L.O steps are Hello, Engage, Listen, Learn and Options

To get involved in National #HelloHowAreYou today you can follow @hellohowareumhi on twitter or visit www.hellohowareyou.info for further details and resources.

The recently published 'Sharing the Vision - A Mental Health policy' framework for the continued development and enhancement of mental health services in Ireland from 2020 to 2030 is available to download HERE







Understanding trauma and supporting the needs of people fleeing war and /or persecution: A FREE webinar will take place this Friday 8th April from 10am – 12:30pm hosted by the HSE. This training is for anyone working with or supporting children, adults or families who have fled war and / or persecution, including those providing support to people who have arrived in Ireland from Ukraine and all other people seeking International Protection here in Ireland.

To register please **CLICK HERE** or if you have any queries please email grainne.begley@hse.ie

Mindfulness Programme for Children Athlone FRC: The Athlone Family Resource Centre 6 Week Mindfulness Programme for children will commence again in May 2022.

Research shows Mindfulness for Children and Young People has the following benefits:

- 1. Increased focus, attention, self-control, classroom participation, compassion.
- 2. Improved academic performance, ability to resolve conflict, overall well-being.
- 3. Decreased levels of stress, depression, anxiety, disruptive behavior.

If you would like to book a place for your child on this programme please contact

AFRC by email to coordinator@afrc.ie Places are limited and early booking essential



What do parents want to know about adolescent self-harm:

Findings from a NOSP project

for parents

Register for this

nt at Eventbrite:

Free online webinar

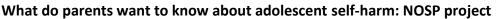
Friday April 22nd, 2022

2 p.m.- 3 p.m.

Free online Webinar for parents

Tuesday April 26th, 2022 |

7 p.m.- 8 p.m.



findings: A free webinar for professionals will take place on Friday 22nd April at 2pm to share the key findings of a research project exploring parents information needs regarding supporting an adolescent engaged in self-harm. Professor Eilis Hennessy of University College Dublin (UCD) the principal investigator of this collaborative project between UCD and Pieta and funded by the National Office of Suicide Prevention will present the findings from this project on what parents want and need to know to best support an adolescent engaged in self-harm.

CLICK HERE to register

5 Things Parents Need to Know about Adolescent Self- Harm: A free webinar for parents which will discuss the findings of a recent collaborative project between UCD and Pieta and funded by the National Office of Suicide Prevention will take place on Tuesday 26th April at 7pm. This research explored the information needs of parents by asking parents with experience supporting adolescents engaged in self-harm and professionals who have worked with adolescents engaged in self-harm and their families. The webinar will also cover the most important information that parents need to know about adolescent self-harm.

CLICK HERE to register



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Whidden Workshops – It's Kushti to Rokker - Exploring Higher Education for Traveller and Roma Students: As part of the Lifelong Learning Festival 2022 the Whidden Workshop series will host a Zoom webinar specifically for Traveller and Roma school students or adult learners interested in hearing what college is like for Traveller and Roma students in higher education. The webinar will take place on Friday 8th April at 12pm.

For further details and to register **CLICK HERE**







Laois Offaly CYPSC Life Matters Podcast: Laois Offaly CYPSC have recently launched their new Podcast entitled <u>'Life Matters'</u>. 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: 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. The group will meet in Longford Community Resources Clg on the following dates: 2nd, 16th and 30th May from 10am – 12pm

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



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

AIRC Midlands – Penguin Sports and Activity Club: AIRC Midlands Penguin Sports and Activity Club will take place on Saturday 9th April from 11:30am – 12:30pm in the Attic House, 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

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

Coffee Morning for parents of children with additional needs
Dates Monday, May 2
Monday, May 16
Monday, May 30
Time: Joann-12-OOpm
Contact: O86 150 6416
aircmidland@gmail.com
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Templemichael, Longford N39 R1 122
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ALL WELCOME - FREE







Many thanks to all for forwarding information and links, please continue to forward your updates for sharing and continue to tag LW CYPSC on <u>Facebook</u> and/or <u>Twitter</u>, or LO CYPSC on <u>Facebook</u> and/or <u>Twitter</u> or you can

email the coordinators at:

Longford Westmeath CYPSC: grainne.reid@tusla.ie or Laois Offaly CYPSC: niamh.dowler@tusla.ie or

www.cypsc.ie