

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



SunSmart campaign: 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.

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



Longford Westmeath CYPSC Youth Forums – Seeking New Members: Following a very successful Child and Youth Participation consultation process, during the development of the LW CYPSC Children and Young People's Plan 2020 – 2022, a proposal was put forward from the participating young people to establish CYPSC Youth Forums in Longford and Westmeath so as to provide an opportunity for the inclusion of Children and Young People in the planning, development and implementation of the LW CYPSC children and young people's plan. This includes input into the planning and development of CYPSC youth actions and projects in Longford and Westmeath. One such project which took place last year with the LW CYPSC Youth Forums was the #MindYour 'Our Voice Our Wellbeing' Healthy Ireland Initiative.

A summary video for the project can be viewed [HERE](#) If you are aged 6 – 24 years and would like to join one of the LW CYPSC Youth Forums please contact your local forum or drop into your local Family Resource Centre for further details.

Longford: Ballymahon: 085 255 1555 Granard: 043 666 0977

Westmeath: Athlone: 085 842 3738 Ballinacarrigy: 044 937 3060



Summer Stars Libraries Ireland National Reading Programme: Summer Stars is the free national reading programme for children that takes place in all public libraries and online. The Summer Stars programme runs throughout the summer from 13th June until 31st August 2022. All children throughout the country are invited to join the adventure and to enjoy the fun and pleasure of reading and writing over the summer. Summer Stars is non-competitive and every child who reads even one book/ eBook is regarded as having completed the programme – and it's all completely free!

For further information [CLICK HERE](#) or visit your local library (links below) for details of local Summer Stars events.

[Longford](#)

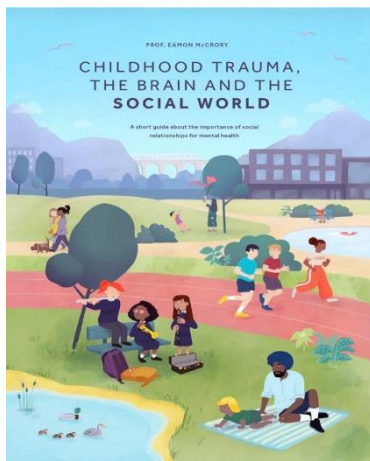
[Westmeath](#)

[Laois](#)

[Offaly](#)

[Libraries Ireland](#)





Childhood Trauma, The Brain and the Social World: The [UK Trauma Council](#) (UKTC) is a group of leading experts drawn from a variety of disciplines from across the United Kingdom. Their aim is to improve the help children and young people receive following traumatic events and experiences.

The UKTC want to see a world where people and communities are knowledgeable, skilled and confident in nurturing and protecting children and young people who have experienced trauma and support professionals, communities and policy makers through developing resources, guidance and training in responding to traumatic events that impact on children and young people. One such resource is a guide entitled 'Childhood Trauma, The Brain and the Social World'. In this guide, they share some of the latest research looking at how brain changes following trauma can affect a child's social world and consider how adults and systems can help build a better social world. To download [CLICK HERE](#)

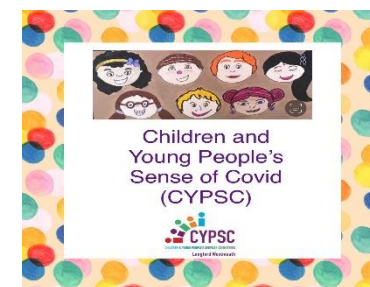


Barnardos – Mixed Age Groups in Early Learning and Care Free Resource:

The first issue of Barnardos Child Links looks at the benefits of mixed age groupings in early years learning and care settings.

To download this FREE Ebook – [CLICK HERE](#)

Online Survey/ Consultations for completion/circulation:



Longford Westmeath CYPSC – Children and Young People's Sense of Covid

(CYPSC) Survey: LW CYPSC are currently inviting children and young people to share their thoughts and views on Covid, looking at the benefits, the challenges and what supports young people feel are needed today and into the future.

This information will be collated and reviewed by the CYPSC and by the LW CYPSC Youth Forums and will inform the development of actions and projects for children and young people in the Longford Westmeath area. If you would like to participate in this survey [CLICK HERE](#)



Midlands LGBT+ Survey: Launched in February 2021, the Midlands LGBT+ Project runs adult support and social groups, training, workshops, LGBT+ events and advocates for LGBT+ people. It is funded by the Department of Children, Equality, Disability, Integration and Youth and the National Office of Suicide Protection and managed by Youth Work Ireland Laois. After a busy first year, Midlands LGBT+ want to review their activity to identify what can be improved. For this, they need your help! For further details and to participate in this online survey [CLICK HERE](#) **The questionnaire is open to everyone -you do not have to live in the Midlands Region or identify as LGBT+.**



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:



Recovery Education CHOS8 in Partnership with Mullingar Library
Free Wellbeing Workshops
Midlands Louth Meath CHO Recovery Education
July 2022 Timetable

| Workshop Title | Date & Time |
|----------------------------|----------------------------------|
| Mindfulness and Meditation | Wednesday 27th July, 10am - 12pm |

The aim for this workshop is to explore meditation, journaling and positive thinking as recovery tools.

Midlands Louth Meath CHO8 Wellbeing Workshop: Recovery Education CHO8 in partnership with Mullingar Library will host a 'Mindfulness and Meditation' workshop on **Wednesday 27th July from 10am – 12pm.**

The aim of this workshop is to explore meditation, journaling and positive thinking as recovery tools. Courses are open to everyone (aged 18 and over) and are free to attend.

To register contact: anneoreilly@mentalhealthireland.ie or derek@mentalhealthireland.ie



'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.

Facilitated by Bridgeways FRC Staff
Grace & Emer

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

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.



turn2me turn2me.ie

JIGSAW Young people's health in mind

Online Course
Supporting the Mental Health of LGBTI+ Young People

belong

JIGSAW Young people's health in mind

Supporting the Mental Health of LGBTI+ Young People: Jigsaw has partnered with [BeLong To Youth Services](#) to launch a new online course: Supporting the Mental Health of LGBTI+ Young People. This course is for adults who work or volunteer with young people. It consists of a self-directed online course that takes approximately 2.5 hours, done in your own time and at your own pace. Once you have taken the online course you will receive a certificate of completion. For further details [CLICK HERE](#)

[Check out Jigsaw's other youth mental health workshops](#)



Connecting for Life
Midlands, Louth and Meath

HSE Suicide Prevention Training Schedule: July - October 2022: The HSE Suicide Prevention Training Schedule for the midlands area is now available. A number of trainings are available to assist with up-skilling staff and volunteers in the statutory, community and voluntary sector. The Schedule is outlined on the booking website, through which registrations to attend any of the training programmes can be made.

For the full list of programmes available [CLICK HERE](#)

Additional programmes will be added as scheduled over the coming weeks and months.

“What we know now – How we can shape the future” ODVSS Conference: Offaly Domestic Violence Support Services (ODVSS) are hosting a Conference marking 25 years of ODVSS providing support to victims of domestic abuse. The Conference brings together an array of experts to look back at what they have achieved and explore how to look forward into the next chapter in the hope of eliminating violence from personal relationships and continue to place the person responsible for the abuse firmly in the spotlight. This conference will be opened by Minister for Justice Helen McEntee and will have individual guest speakers along with two panel discussions. The conference will take place on 13th October from 10am – 4pm in the Tullamore Court Hotel and registration is now open. To book your tickets [CLICK HERE](#)



Coffee Morning for parents of children with additional needs

Dates: Monday, July 25
Monday, August 8

Time: 10am-12:00pm

Contact: 086 150 6416
aircmidlands@gmail.com

Venue: Longford Community Resources (LCRL)
Temple Michael, Longford N39 RH22
(located beside Fenlons factory on the road beside the fire station and 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.

The group will meet on the following dates in Longford Community Resources Clg: **Monday 25th July and 8th August 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



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

AIRC MIDLANDS COFFEE MORNING

Annebrook Hotel 10-12pm
Tuesday the 1st of April

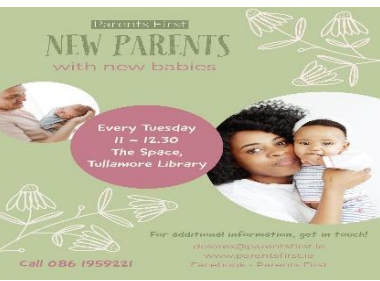
AIRC MIDLANDS@GMAIL.COM
CONTACT: 089 4708741 FOR ANY QUERIES

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



Parents First
NEW PARENTS
with new babies

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

For additional information, get in touch!
www.parentsfirst.ie
Facebook - 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



Westmeath Community Mothers in conjunction with Women's Community Projects

Mullingar PARENT & TODDLER GROUP

THURSDAYS
in Parish Community Centre
10am - 11:30am

Activities
Free play
Story time
Song time
Dance time
And more...

CONTACT CAROL 087 9310848
CLAIRE 087 6880441
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

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](https://www.facebook.com) and/or [Twitter](https://twitter.com), or LO CYPSC on [Facebook](https://www.facebook.com) and/or [Twitter](https://twitter.com)
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