

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



Safe Food Lunch Ideas for School: As families settle back into the school routine, Safe Food have compiled many tasty and nutritious lunch ideas for children and young people to help parents with some new and creative ideas for lunch! Keeping lunchbox contents varied makes lunch more enjoyable. The Safe Way five day planner provides parents with some examples of snacks and lunch items.

[CLICK HERE](#) for the Safe Food lunch planner as well as many other healthy tips and resources!

Barnardos -Talking with Children about Traumatic Death (Supports and Resources): Death is an inevitable part of life and grief is a universal human process. Parents and carers cannot shield children from the pain of death and loss. However, we can all help children understand this loss and grieve. Barnardos have some excellent strategies and resources to assist parents talk to children about difficult deaths. For further information on the resources and supports [CLICK HERE](#) or to contact Barnardos Bereavement Services [CLICK HERE](#) or phone the helpline (Monday to Thursday 10am – 12pm) on (01) 473 2110

World Suicide Prevention Day 10th Sept 2022: [World Suicide Prevention Day \(WSPD\)](#) on 10th September was first introduced by the International Association of Suicide Prevention (IASP). The theme for 2022 is Creating Hope through Action. In Ireland, this is an important theme that is reflected in our national strategy to reduce suicide, Connecting for Life.

WSPD is a time when we can spread a message of hope to others. Even though suicide is a very complex issue, we can always look out for others who might be experiencing suicidal thoughts, and provide support. This helps to create a more caring society where those who need to, feel more comfortable in seeking help.

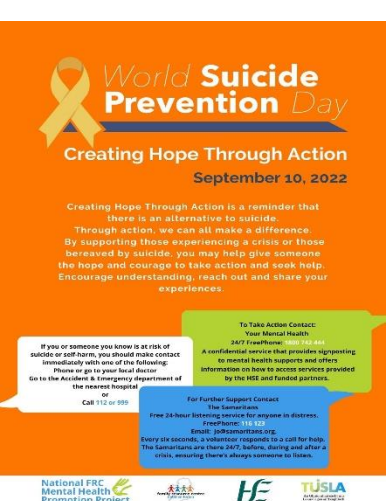
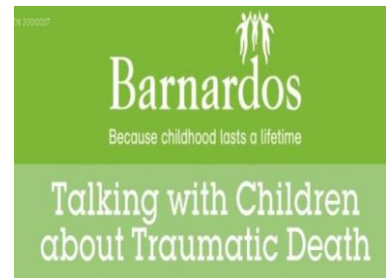
Get to know what mental health supports and services are available, and tell more people about them. Speak with a GP about what might be available locally. Tell your family, your friends, your colleagues – you never know when someone might need them. Many are open 24/7 and you can make contact in different ways, for example:

Samaritans: visit www.samaritans.ie or freephone 116 123 **HSE Text about it:** Text50808, text HELLO to 50808

MyMind: visit www.mymind.org **Pieta:** visit www.pieta.ie or freephone 1800 247 247

You can also call the **HSE YourMentalHealth** Information Line, anytime day or night, for information on what other services and supports are available near you – freephone 1800 111 888 or visit www.yourmentalhealth.ie

(See also Training section below for details on upcoming HSE Suicide Prevention training in the Midlands area).





First 5 My Little Library Initiative: More than 60,000 children have started school in recent weeks 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 also available for parents on the [Let's Get Ready page on gov.ie](https://www.gov.ie/en/lets-get-ready/). You can also check out your local library webpages at the following links [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)



Longford Westmeath CYPSC Youth Forums – Seeking New Members: Longford Westmeath CYPSC Youth Forums are currently recruiting new members. The CYPSC Youth Forums 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.

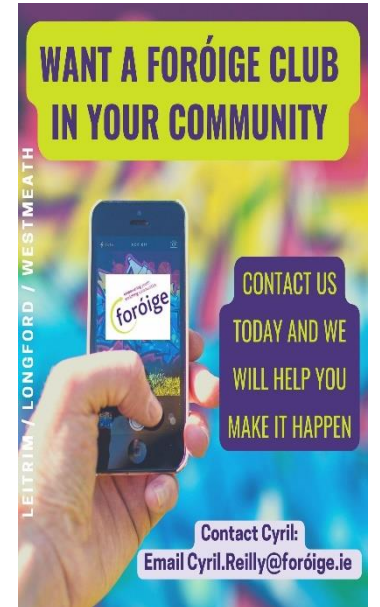
Longford: Ballymahon: 085 255 1555 Granard: 043 666 0977

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



Cyber Safe Kids Annual Report 2021: Cyber Safe Kids have recently launched their Annual Report 2021. Cyber Safe Kids is an Irish registered charity which works to empower children, parents and teachers to navigate the online world in a safe and responsible manner. Cyber Safe Kids want children to be able to embrace the opportunities for learning and enjoyment that technology can deliver, but also recognise that parents and educators have a responsibility to equip children and young people with the tools to stay safe and avoid harm.

[CLICK HERE](#) to read their Annual Report and learn more about current trends in online usage among 8-12yr olds.



Foróige Future seeking Expressions of Interest in Longford, Westmeath & Leitrim:

If you are interested in establishing a Foróige Club in your local community Foróige Futures is here to help and support you by providing you with support and guidance every step of the way. Foróige clubs offers young people many opportunities such as:

- Have a safe space to meet with their friends
- Develop their views, beliefs and values
- Form positive and health relationships
- Skills such as leadership, community involvement, teamwork, critical thinking, problem solving, communications and much more.

Foróige are also seeking new volunteers in Longford, Westmeath and Leitrim.

For further information contact: Cyril Reilly, Club Development Officer at Cyril.reilly@foroige.ie or Frances Sweeney, Volunteer Coordinator at Frances.Sweeney@foroige.ie or [CLICK HERE](#)

Online Survey/ Consultations for completion/circulation:



Bereaved Children
Supports Survey
2022

Irish Childhood Bereavement Network Survey 2022: The Irish Childhood Bereavement Network (ICBN) works with its members to promote the voice of bereaved children and young people, recognising that theirs has traditionally been the silent voice of grieving. Unfortunately experience shows that children and young people have become more disenfranchised during the Covid pandemic. ICBN is hosted by the Irish Hospice Foundation (IHF) and funded by Tusla. **The purpose of this questionnaire is to gather information about the range of services/ supports that are available for bereaved children and their families in your area.** The information gathered will help generate a **national resource**, information about Statutory and NGO organisations may be published on our website, information from private providers will be held for reference purpose's only.

This questionnaire is being delivered with the kind assistance of the Children and Young People's Services Committees (CYPSC). We would greatly appreciate if you could take 15 minutes to complete this questionnaire. The ICBN are trying to capture a full picture of what is out there to support bereaved children and families, so they want to include both;

1. Services and supports that have bereavement as their core functions (e.g., Anam Cara, Barnardos Children's Bereavement Service)
2. Services and supports that are grief informed* and/or offer bereavement support as part of a wider range of supports to families (e.g. Family Resource Centre, youth service, early years' service, school, sports club)

You will be asked for your consent to be included in the national resource. If you do not want to be included in the national resource we would still like to hear about the services and supports you offer for our information purposes.

To participate in this survey [CLICK HERE](#)

Webinars/ Training/ Events:



Stay and Play Sessions for Ukrainian children and families in Longford:

Longford County Childcare Committee will hold 'Stay and Play' sessions for Ukrainian families in Temperance Hall, Longford town on Friday 9th September and Friday 16th September from 10am – 12pm.

No booking is required. For further information please contact Eimear on 043 33 42505

Similar stay and play sessions will be announced in coming weeks for County Westmeath.

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.

Let's Talk about Alcohol and Pregnancy Webinar: The HSE Alcohol Programme invites you to the 'Let's Talk about Alcohol and Pregnancy' webinar for health professionals on Friday 9th of September. Please [CLICK HERE](#) to register to attend this event which will take place from 12:30 – 13:45pm. The webinar is being held on international Foetal Alcohol Spectrum Disorders (FASD) awareness day with the aim of sharing and raising awareness about the latest evidence and practice in relation to preventing and responding to FASD.



Connecting for Life
Midlands, Louth and Meath



Parent Clinic

Looking for information and support with ECCE and/or National Childcare Scheme Applications?

Longford County Childcare Committee are holding Parent Clinics on;

Wed 31st August, 9:30am-12:30pm in Lus na Greine, Granard

Fri 2nd of Sept, 10:00am-1:00pm in Longford Library,

Fri 9th of September, 9:30am-12:30pm in Bridgeways, Ballymahon

No appointment necessary. For more information please contact 043 3342505

Please wear a mask and maintain COVID-19 guidelines when attending the parent clinic and do not attend if feeling unwell.



National Childcare Scheme – Parent Clinics: A [press release](#) issued this week by Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, has urged parents to avail of supports available to them under the National Childcare Scheme, including new supports introduced in recent days with the extension of the scheme to all children under 15 years using registered childcare. Many parents are not claiming their National Childcare Scheme subsidies, and more than 50% are not aware of the supports available to them under the National Childcare Scheme. This month the NCS has been extended to all children under 15 years using registered childcare.

The minister is encouraging all parents and guardians to visit www.ncs.gov.ie or call the Parent Support Centre on **01 906 8530** or talk to their local childcare provider or County Childcare Committee to make sure they are fully availing of the new and existing financial supports under the Scheme. For those in County Longford, the Longford County Childcare Committee are hosting local **Parent Clinics** to assist parents looking for information on the NCS. The next clinic will take place on **Friday 9th September in Bridgeways Family Resource Centre, Ballymahon** from 9:30am – 12:30pm, no appointment necessary.

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.

Connected for life – Upcoming FREE Parent Webinars: [Connected for life](#) have a number of upcoming FREE online Parents webinars. (see list below). Connected For Life supports individuals, families, communities, and organisations to understand and heal from trauma and to become more attachment and trauma-informed and responsive. Their aim is to raise awareness of the potentially far-reaching impact of adversity, attachment and trauma and the power of relationships and connection to support resilience and healing.

For further details on the webinars listed below and to register [CLICK HERE](#)

20th Sept 6:30pm – 8:30pm - Helping children manage their emotions

18th Oct 6:30pm – 8:30pm - What is ‘attachment’ and why does it matter?

15th Nov 6:30pm – 8:30pm – How our early experiences can impact us throughout our lives

13th Dec 6:30pm – 8:30pm – The importance of self care

17th Jan 2023 6:30pm – 8:30pm – Navigating adolescence

Childhood Domestic Violence and Abuse, Community of Practice In Person Event:

Barnardos CDVA [Community of Practice](#) are hosting an In-Person event on Wednesday 26th October 2022 entitled **“Getting it Right - for and with Children”** where the focus of the day will be on developing a collaborative practice framework for responding to childhood domestic violence and abuse, considering the aspects of a child’s journey from prevention, early intervention, crisis to recovery. The event will take place in the [Midlands Park Hotel Portlaoise](#) from 10am to 4pm.

To register email aine.costello@barnardos.ie before **Wednesday 19th October**



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

Connected for life

Helping Children Manage their Emotions

Webinar for Parents 20 Sept 2022 6.30 - 8.30pm




Our Rights, Your Responsibilities Responding To Childhood Domestic Violence and Abuse
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2. BE KIND
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“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. To book your tickets [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 meet every second Monday and is a FREE group for parents of children of all ages. There is also a play area available for parents of young children. For upcoming dates and to book your place email aircmidlands@gmail.com or phone 086 150 6416

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

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 11:30am to 1pm and a family morning for parents with children aged 0-4years on Tuesdays 10am – 11:30am

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

Mullingar Parent and Toddler Group: Westmeath Community Mothers in conjunction with Women’s Community Projects host a Parent and Toddler group for the Mullingar area with the group meeting every Thursday morning 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](#) 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

