

General Information/Updates:



Spring into Storytime: Libraries around the country are taking part in [Spring Into Storytime](#) this April. There will be Storytime events & activities both online and in-person including lots of fun events at your local library! Call into your library or follow them on social media to see what's happening in your area.

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!

[Children's story-time sessions](#) are also available online thanks to cooperation between local library services and Irish publishers.

Guide to Supports and Services for Children and Young People with

Disabilities in Laois and Offaly: Laois Offaly CYPSC have launched their disability guide in recent weeks. This fabulous resource is filled with information for both parents and professionals alike and enables them to find resources and support at a local, regional and national level. To download a copy of this guide and the Longford Westmeath Guide to Services for young people with disabilities, please click on the links below:

[Guide to Supports and Services for Children and Young People with Disabilities in Laois and Offaly](#)

[Guide to Services for Young People with Disabilities in Longford and Westmeath](#)

Both LO CYPSC and LW CYPSC continue to support the updating of both guides to ensure they are an up-to-date resource for parents and professionals alike in the midlands area.

Laois & Offaly Child & Youth Services website: Laois Offaly [Open Up website](#) is a signposting website to child, youth and family services in Laois and Offaly.

[CLICK HERE](#) to view a short video to take you on a quick tour of the website and how it can be of use to you.

This is a website that can be used to share information across all the services that support children, young people and their families.

Webinars/ Training/ Events:

Longford Westmeath
Domestic Abuse
Local Area Network

Go Purple Day
Event 2023

Monday 24th April
11am -1pm

Venue: Esker House, Athlone



Longford Westmeath CYPSC Go Purple Day Event 2023: [Go Purple Day](#) is a joint initiative between An Garda Síochána and Domestic Abuse Services Nationwide to raise awareness about Domestic Abuse. The initiative was created by Community Garda Stacey Looby, Athlone Garda Station to create national awareness of Domestic Violence and to consolidate community partnerships between Domestic Violence Services and An Garda Síochána.

In support of Go Purple Day Longford Westmeath Domestic Abuse Local Area Network, under the auspices of Longford Westmeath CYPSC, are hosting a Go Purple Day event for the two counties on [Monday 24th April in Esker House, Domestic Abuse Support Service, Athlone from 11am to 1pm](#). This event will bring together key community organisations working in the area of Domestic Abuse. To register to attend this FREE event, please click on the following Eventbrite Link – [LW Go Purple Day Event 2023](#).

Please note limited places are remaining for this event

BUGGY WALKS



Don't have time, Now you can bring the Buggy with you!

Open to all parents, grandparents, childminders etc in the care of babies/toddlers looking to join a social group

Tuesday's- Longford Town & Ballinacarrigy
Wednesday's- Athlone
Thursday's - Granard



Longford Westmeath Buggy Walks Initiative Returns: The Longford Westmeath Buggy Walks initiative will recommence with a **FREE six-week programme this month**. The Buggy Walks Initiative is a collaboration between LW CYPSC, Longford and Westmeath Sports Partnerships, local Family Resource Centres and Longford Community Resources Clg.

Supporting organisations for this initiative also include Community Mothers Longford & Westmeath, Longford & Westmeath County Childcare Committee's, Barnardos, Local Childcare Providers, and the HSE.

The following are the registration details for each of the walks:

Location	Start Date	Contact number to Register
Athlone Town	Wednesday 12 th April	085 842 3738
Longford Town	Tuesday 18 th April	087 947 8650 / 087 945 1771
Ballinacarrigy	Tuesday 18 th April	044 937 3060
Granard	Thursday 20 th April	086 869 6385

Longford Westmeath Family Wellness Programme: The LW CYPSC Family Wellness Programme, funded by Healthy Ireland will recommence in venues across the two counties in the coming weeks. The aim of the programme is to support families to reduce/eliminate toxic stress and anxiety harmful to family wellbeing. This is achieved through several interactive workshops with the following objectives:

- Provide practical workshops on parenting, meal planning, taking the stress out of the kitchen and support physical and mental wellbeing
- Demonstrate how batch cooking and freezing can save time, provide handy nurturing meals, and cut food costs and waste.
- Offer Information/Tips & Tools on the best management of energy, finance & household budgeting to reduce unnecessary consumption and costs.
- Fun ways to include fitness as a part of daily family life and stress busting and anxiety reducing initiatives such as yoga, crafts and mindfulness and lots more!

Workshops will take place in Athlone, Mullingar, Ballinacarrigy, Granard and Ballymahon. Keep an eye on LW CYPSC Social Media Platforms for further details or contact grainne.reid@tusla.ie who will put you in touch with your nearest participating host organisation.



Family Wellness Programme

- + Holistic Nutrition For Mind and Body +
- + Diet & Fitness +
- + Mindfulness +
- + Parenting
- + Infant Health
- + Budgeting
- + Meal Planning
- + Lots More +

Enhancing wellbeing for all the family

Commencing soon - keep an eye on LW CYPSC Social Media platforms for details

An Roinn Leanaí, Comhionannais, Míchumanns, Lóngháiríochta agus Óige
Department of Children, Equality, Disability, Integration and Youth

An Roinn Sláinte
Department of Health

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Longford Westmeath

hi
Healthy Ireland

Responding to the Risk of Domestic Violence Homicide in Rural Ireland: Longford Women's Link, supported by the Longford Community Safety Partnership, and funded by Dept of Justice, are hosting a two day training event on the 17th and 18th of May with **Professor Jane Monckton Smith**, leading criminologist and lecturer at the University of Gloucestershire.

This two day FREE event entitled **"Responding to the risk of Domestic Violence Homicide in Rural Ireland"** is open to Child and Family Services across the midlands area. It is envisaged that multiagency attendance to specific training and workshops will enhance knowledge and a mutual understanding between all agencies and front line staff working within the criminal justice system and in turn will assist in strengthening service delivery for those at risk of violence or domestic abuse in the midlands area. To register please contact natalie@lwl.ie Please note places are limited and to avoid disappointment early booking is essential.



LONGFORD WOMEN'S LINK PRESENTS

RESPONDING TO THE RISK OF DOMESTIC VIOLENCE HOMICIDE IN RURAL IRELAND

Longford Women's Link Domestic Violence Service invites you to a two day training event in May at Longford Rugby Club, Eir Code N39EK28. Lunch Provided.

Professor Jane Monckton Smith
Wed 17th May 9:30-3:30 B Stage Timeline To Domestic Homicide
Thurs 18th May 9:30-1:30 Suicide Timeline, Honour Killing Timeline

FUNDED BY

An Roinn Oll agus Gní
Department of Justice

Longford
COUNTY COUNCIL



Families Matter Webinar: The HSE National Social Inclusion Office invites families impacted by a loved one's substance use to attend the 'Families Matter' webinar on the **25th of April from 7:00pm - 8:00pm** to discuss the topic of drug emergency, prevention, and responses. The aim of the event is to help empower families to recognise and respond to drug-related overdose. **Family members can register for the free event [here](#).** Topics discussed will include:

About the different types of drugs

How to recognise and respond to a stimulant overdose

How to recognise and respond to an opioid overdose (including the administration of naloxone)

Support families by answering the most frequently asked questions

If you have a question that you would like considered for inclusion in the frequently asked question segment of the webinar please email Jennifer.Smyth2@hse.ie on or before Friday the 14th of April



Launch of HSE Resources to support Roma women during and after pregnancy:

The HSE National Social Inclusion Office is holding an in-person event on Wednesday April 19th from 10.30am-1pm (registration from 10am) in the Lighthouse Cinema, Smithfield, Dublin. Hildegard Naughton,

T.D., Minister of State for Public Health, Well Being and the National Drugs Strategy will launch the new HSE website www.hse.ie/roma and booklet, Roma Daja – supporting Roma women during and after pregnancy.

Online registration is now open [HERE](#)



Minding Your Wellbeing Workshop: This is a one-day workshop offered by HSE Health Promotion & Improvement, Health and Well Being, to support staff to care for their own mental health and wellbeing and to build good self-care practices for every day. *Minding Your Wellbeing* aims to provide simple tools and guidance to help you develop and maintain a positive approach to looking after your mental health and wellbeing every day. There are 5 key themes- practicing self-care, understanding our thoughts, exploring emotions, building positive relationships & improving our resilience.

Minding your wellbeing will be delivered on **Wednesday 19th April in the Athlone Education Centre**. For registration details or further information contact **Michele Baker on 086 0474725**



Edgeworthstown Parent and Toddler Group: The Edgeworthstown Parent and Toddler group will meet from 10:30am – 12pm at The Green, Edgeworthstown on the following dates: **Tuesday 18th April, 2nd, 16th & 30th May, 13th & 27th June**

All are welcome! If you have any questions or would like to register your place for upcoming dates – please contact Katarina on 087 412 2922

The Edgeworthstown P&T group is a LW CYPSC collaborative project with lead agencies Longford County Childcare Committee, Longford Community Mothers, and Westmeath Community Development.



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 the last Monday in every month and is a FREE group for parents of children of all ages. There is also a play area available for parents of young children.

The group meet in Longford Community Resources Clg.

To book your place please email airmidlands@gmail.com or phone 086 150 6416



AIM (Access & Inclusion Model) Virtual Information Session for Parents:

Longford County Childcare Committee in collaboration with [Better Start](#) will be offering a Virtual [AIM](#) Information Session for Parents on **Wednesday, 24th of May at 7pm.**

Any parent that is interested in attending this one hour AIM session can register through Eventbrite by clicking [HERE](#)

Any questions, please do not hesitate to contact the Longford County Childcare Committee on 043 33 42505.



International Online Launch of the Para Physical Activity Report Card -

Children & Adolescents living with Disabilities: The online launch of the Para Physical Report cards which is part of the Ireland North and South Report Card on Physical Activity for Children and Adolescents will take place on 12th April at 12:15pm

The Para Report Cards are a series of national report cards that focused on the available disability data and were conducted in parallel to the [Active Healthy Kids Global Alliance Physical Activity Report Cards](#). A total of 14 countries from 5 IFAPA regions have contributed to the Global Matrix of Para Report Cards.

To register for this event [CLICK HERE](#)

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