

General Information/Updates:



LW CYPSC Youth Forums - Understanding Social Media Series:

Longford Westmeath CYPSC Youth Forums have created a video series that explores Social Media from a young person's perspective and encourages adults to **'Don't ban us, Understand us'** when it comes to using the various Social Media Platforms. In this series, the young people explore both the positive aspects of Social Media as well as highlighting the challenges for other young people to be mindful of. The videos are a result of the LW CYPSC Internet Safety component, of the Healthy Ireland funded **'Our Voice Our Wellbeing'** initiative in which 75 young people from across Longford and Westmeath participated in.

Click on the links below for each of the videos (each video is under two minutes in duration)

- [Let's Chat SnapChat](#)
 [Cyberbullying](#)
 [Investigating Instagram](#)
 [Lets Talk Tik Tok](#)
[Finding Facebook](#)
 [Let's Get Smart on Social Media](#)

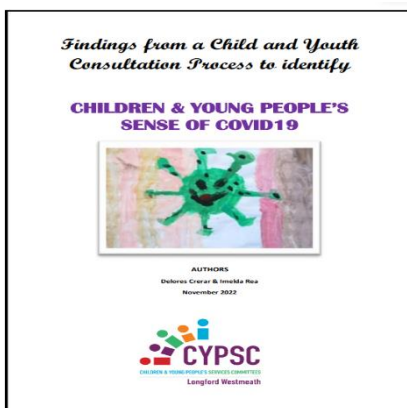
Laois & Offaly Child & Youth Services website: Laois Offaly CYPSC are delighted to announce the recent launch of their new website www.open-up.ie. This is a signposting website to child, youth and family services in Laois and Offaly. [CLICK HERE](#) to view a short video to take you on a quick tour of the website and how it can be of use to you.

If you have any feedback or suggestions for content for the future, please contact niamh.dowler@tusla.ie. This is a website that can be used to share information across all the services that support children, young people and their families.

When viewing the website please use any browser except Internet Explorer.

Children and Young People's Sense of Covid (CYPSC) Consultation

Longford Westmeath: The effects of the Covid-19 pandemic had far reaching repercussions across society and has reshaped how we experience our everyday lives. Drawing on a qualitative research framework utilising focus groups and online surveys, LW CYPSC carried out a post covid, youth consultation with 112 children and young people aged from 6 - 18 years living in Longford and Westmeath. Feedback such as "We need places to go and interact with people" and "Only for the group I would have nothing to keep going" highlight the need for continued strengthening of youth supports, groups and services in Longford and Westmeath. The consultation [report](#), completed in December 2022 reflects the complete findings of this small scale CYPSC consultation which will inform the work of the LW CYPSC Youth Forums throughout 2023.



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.

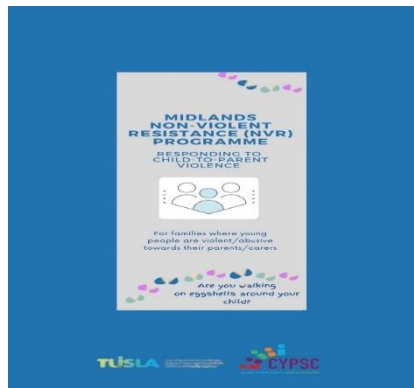
Click on the following links for information and resources for [Young People](#) and [Parents](#) including a dedicated [Ukrainian Resources](#) section



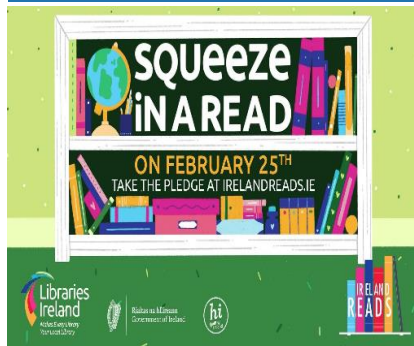
Webinars/ Training/ Events:



Start from the Heart Parenting Support: A Start from the Heart Parent Support Programme will commence on Thursday 9th February and run for 8 weeks in Mullingar Primary Care Centre. Start from the Heart is an excellent parenting support which explores how stress, relationships & early experiences can affect parents on their parenting journey and shares many ideas that can help build self esteem, self awareness & enhance wellbeing. To register for the Mullingar programme please contact Ciara Hoey on 0860358568 or Angela Egan on 0870911425 Start from the Heart is rolled out throughout the four midlands counties. Keep an eye on upcoming CYPSC information bulletins for further groups and locations.



Midlands Non-Violent Resistance (NVR) Programme 2023: Are you walking on eggshells around your child? NVR is a non-judgemental programme that helps participants re-build their confidence as parents / carers. The [NVR programme](#) is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour. NVR helps to empower parents/carers to take positive action to end the violent and controlling behaviour experienced by learning new ways to deal with certain patterns of behaviour and repair the damaged relationship between the parent and the child. If you would like further information regarding the programme [CLICK HERE](#) or for details on the nearest programme to you please contact: Linda, Child and Family Support Network Coordinator Longford Westmeath - lindam.mccann@tusla.ie or Martina, Child and Family Support Network Coordinator Laois Offaly - martina.muller1@tusla.ie



Ireland Reads – Squeeze in a Read: Ireland Reads takes place on Saturday 25th February. Ireland Reads is a National Day to celebrate reading. One minute, ten minutes, an hour, or more – it doesn't matter how long you read for or what you read! Why? Because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing. Ireland Reads is an initiative of the government of Ireland, funded by Healthy Ireland and supported by public libraries, and many organisations that promote literacy and the arts. Check in with your local Library to celebrate the day (links to local libraries below) and check out www.irelandreads.ie and take the pledge to squeeze in a read on February 25th! [Longford Library](#) [Westmeath Library](#) [Laois Library](#) [Offaly Library](#)



Implementation Network Event: The Implementation Network of Ireland and Northern Ireland are hosting an event entitled 'The successful ingredients of implementing policy to enable and support our response to gender based violence.' on 1st March in the Department of Justice Atrium, St. Stephen's Green, Dublin 2. The significant programme of speakers includes Minister Simon Harris, Department of Justice, Carole Sullivan Acting Assistant Secretary of Criminal Governance and European Affairs, Department of Justice, Claire Archbold, Director, Ending Violence Against Women and Girls Strategy and The Executive Office NI Professor Annette Boaz, London School of Hygiene and Tropical Medicine. To register for this event please [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