

General Information/Updates:

Launch of What Works Ireland Evidence Hub: The Minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman recently launched the [What Works Ireland Evidence Hub](#). The *What Works* Ireland Evidence Hub is an online tool designed to increase access to effective prevention and early intervention programmes by making the best evidence on what works available to policy makers, service commissioners, providers and other audiences. It promotes the use of evidence-based programmes and is linked to the five national outcomes which will be included in the forthcoming new National Policy Framework for Children and Young People.

Access to the *What Works* website and the *What Works* Ireland Evidence Hub can be found here: [What Works Ireland Evidence Hub - WhatWorks](#)

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.

Longford Westmeath CYPSC Domestic Abuse Leaflets: Longford Westmeath Domestic Abuse Local Area Network, under the auspices of Longford Westmeath CYPSC, recently launched the Longford Westmeath Domestic Abuse Multilingual leaflets.

The leaflets provide equal access to services for those who do not speak English or have English as a first language and provide access of services to victims of domestic abuse, who otherwise may not be aware of the services available to them.

Copies of the leaflets are available in local Domestic Abuse services and in local Garda stations across the Longford and Westmeath garda district areas.

They can also be downloaded [HERE](#)

Online Survey/ Consultations for completion/circulation:

Public Consultation to inform a new Action Plan for Youth Services: The Minister for Children, Equality, Disability, Integration and Youth has launched a public consultation to inform the development of a new Action Plan for Youth Services.

Youth services in Ireland provide young people aged 10 – 24 with the opportunity to take part in and avail of an array of out-of-school youth work and related developmental activities and supports. Youth services support and empower young people as they grow to adulthood, promoting their wellbeing, helping them to develop their potential and overcome adversity, and connecting them with their community and the wider world.

The Department of Children, Equality, Disability, Integration and Youth will shortly publish its new National Policy Framework for Children and Young People. One of the commitments of the Framework is to develop a new Action Plan for Youth Services with a focus on enhancing the provision of youth services in Ireland. It is intended for the Action Plan to be finalised by the end of 2023.

[CLICK HERE](#) for further details on how you can participate in this public consultation and help inform the development of a new Action Plan for Youth Services or to participate in the online survey [CLICK HERE](#). Closing date for submissions is **midnight Friday 14th July 2023**



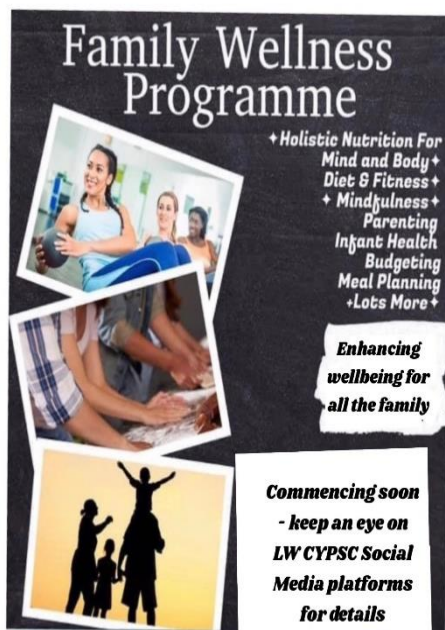
What Works Ireland Evidence Hub



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

Public Survey to inform an Action Plan for Youth Services

Webinars/ Training/ Events:

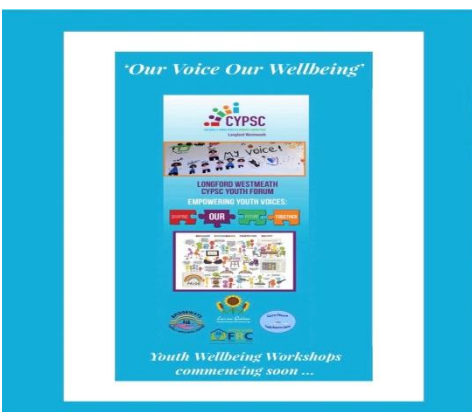


Longford Westmeath Family Wellness Programme: The [LW CYPSC Family Wellness Programme](#), funded by Healthy Ireland takes place this Summer at multiple venues in Longford and Westmeath. The aim of the programme is to support families to reduce/eliminate toxic stress and anxiety harmful to family wellbeing and promote long lasting and effective change. 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.

To view a summary video about the Family Wellness Programme [CLICK HERE](#)



'Our Voice Our Wellbeing' – Youth Health Initiative: The LW CYPSC youth forums are currently planning workshops for their upcoming ['Our Voice Our Wellbeing'](#) initiative, building on the success of the previous Our Voice Our Wellbeing programme held in 2022. Workshops will take place in Athlone, Ballinacarrigy, Granard and Ballymahon and places on the programme will be open to children and young people in Longford and Westmeath to join with their local Youth Forum's in promoting health and wellbeing for all.

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.



Well Westmeath Expo: Healthy Communities & Healthy Westmeath are organising a 'Well Westmeath Expo!' Health Wellbeing & Activities Event in Belvedere House Gardens & Park, Mullingar on Saturday 10th June 2023 from 11am to 4pm. Last year over 1800 visitors attended the event, which is **FREE ENTRY** to both the event and Belvedere House Gardens & Park on the day.

We will have lots of activities on the day along with information village with a Health & Wellbeing and activities theme.

We will have 5 hours of music and dance with huge thanks to Emerald Lakes Academy on the stage in courtyard. A Fun Day for all the family, not to be missed!



Cruinniú na Nóg 2023: Ireland is the first, and *only*, country in the world to have a national day of free creativity for children and young people under 18 since 2018. **Cruinniú na Nóg** is a flagship initiative of the **Creative Ireland Programme's Creative Youth Plan** to enable the creative potential of children and young people.

Delivered in partnership with the 31 Local Authorities and supported by RTÉ, young people are invited to participate in a programme of fun, free, creative activities; from graffiti art workshops to stop-motion animation, to coding and architecture workshops! Cruinniú na Nóg will take place on 10th June 2023. For a full list of events from around the country [CLICK HERE](#)



Triple P – Positive Parenting Programme

Triple P is a positive parenting programme that is a flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation.

Date: Commencing Thursday June 22nd 2023
Duration: This is a free 8 week programme
Time: 10am-12pm
Location: Clonbrusk Primary Care Centre, Arcadia Athlone N37P8P8
Facilitators: Theresa Bracken & Miriam Kelly

For further information and to register, contact Theresa Bracken on: [086-0358569](tel:086-0358569) or email triplepathlone@barnardos.ie

Triple P is a free programme in small group settings and all parents and caregivers are welcome to register



Triple P Parenting Programme: A **FREE Triple P 8 week group program** will be rolled out by Barnardos in partnership with Slaintecare Healthy Communities on **Thursday June 22nd 2023 in Clonbrusk Primary Care Centre, Athlone Co Westmeath N37 P8P8**

Triple P is an evidence based parenting group program that has been helping parents and children create calmer and happier households across the Midlands for nearly a decade. It adopts a positive parenting approach of creating a strong relationship with your child, encouraging positive behaviour, and managing stressful situations. The program offers parents and caregiver's choices, strategies, tips, information and skills to support them to manage stressful situations. Parents are provided with a toolkit of proven strategies to support them in a supportive and non-judgmental environment.

For further information or to register contact Theresa on **086-0358569** or email triplepathlone@barnardos.ie



Book your free place at:

<https://pbprogressingplayagenda220623.eventbrite.com>



PlayBoard NI is registered with the Charities Commission for NI No. 144274, company limited by guarantee No. 144274, charity No. 144274, www.playboard-ni.org

Progressing the Play Agenda: Progressing the Play Agenda: Play is the main occupation of childhood (from birth through to the older years), providing children with opportunities to develop physically, mentally, emotionally, and socially as well as developing lifelong skills such as creativity, imagination, self-confidence, self-esteem, and resilience. Every child, regardless of their background or community in which they live, has a right to play. The first in a series of PlayBoard NI engagements within the Republic of Ireland focusing on enhancing play opportunities will take place online on Thursday 22nd June, 11am – 12:30pm

This Information Session begins a series of engagements planned throughout 2023 within the Republic of Ireland which aim to explore how we can collectively enhance play opportunities - through play advocacy, policy and strategy development, strategic connections, networking, training, and play delivery across a variety of environments and arenas.

Focusing on Playboard's strategic work in the Republic of Ireland, this first session will showcase a number of approaches aimed at supporting the development of quality play opportunities for children and young people.

This session will be of interest to a range of key stakeholders including government departments, councils, CYPSC, County Childcare Committees, community groups, school age childcare practitioners, sports bodies, schools, youth and play providers, and library and museum staff. To book your place [CLICK HERE](#)

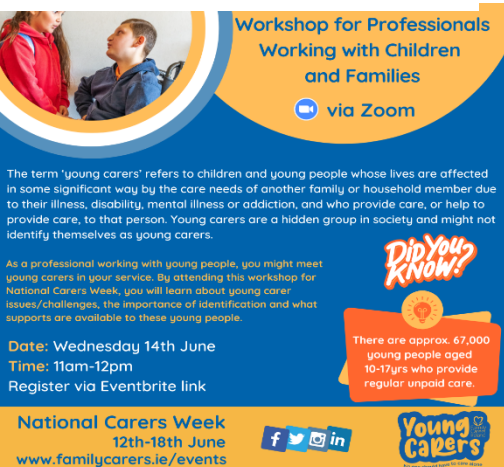


HSE MIDLANDS (Laois/Offaly and Longford/Westmeath)

Face to face Suicide Behaviour Awareness & Training Programmes
JUNE – NOVEMBER 2023

HSE Midlands Suicide Behaviour Awareness & Training Programmes:

The HSE Suicide Prevention Training Schedule for the midlands area is now available for the period June – November 2023. Several trainings are available to assist with upskilling staff and volunteers in the statutory, community and voluntary sector. All of the training programmes (LivingWorks Start, safeTALK, Understanding Self-Harm, ASIST, Suicide Bereavement Training) are for **over 18s only** and there is no charge to the participant. 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](#)



Workshop for Professionals Working with Children and Families
via Zoom

The term 'young carers' refers to children and young people whose lives are affected in some significant way by the care needs of another family or household member due to their illness, disability, mental illness or addiction, and who provide care, or help to provide care, to that person. Young carers are a hidden group in society and might not identify themselves as young carers.

As a professional working with young people, you might meet young carers in your service. By attending this workshop for National Carers Week, you will learn about young carer issues/challenges, the importance of identification and what supports are available to these young people.

Date: Wednesday 14th June
Time: 11am-12pm
Register via Eventbrite link

National Carers Week
12th-18th June
www.familycarers.ie/events

Did You Know?
There are approx. 67,000 young people aged 10-17yrs who provide regular unpaid care.

Young Carers
www.familycarers.ie

National Carers Week – Workshop for Professionals working with

Children and Families: As part of National Carers week, Support Managers will be delivering an information session/workshop for professionals working with children and families, to help raise awareness about Young Carers. As part of this one hour online session, you will learn how to identify young carers who may be accessing your service, and the challenges facing young carers. The range of supports available to young carers and how you can make referrals to the Young Carer Wellbeing Service and other supports will also be available.

The workshop will take place on **Wednesday June 14th at 11am**. Please register via the Eventbrite link [HERE](#) and please share with any colleagues who may also be interested in attending. For further information, please do not hesitate to get in touch on the details below, or by visiting www.youngcarers.ie



Helium Arts
CREATIVITY CHANGES LIVES

REGISTER NOW FOR FREE ONLINE SUMMER ART CAMP

Join a **FREE** creative arts online camp, specially designed for teens (age 13-15) living with a lifelong physical health condition, from home!

Make new friends, learn new skills and have fun with Artist, Emma Fisher, during this **3 day animation and storytelling camp**. Online Zoom registration and link to be provided.

DATES: 4-6 JULY (TUES-THURS)
LOCATION: NATIONWIDE

HOW TO REGISTER
Email hello@helium.ie to request a booking form.

For any other queries please contact 083 010 3240

SCAN ME!

www.helium.ie

Helium Arts Free Online Summer Art Camp: Helium Arts offer **free, specially designed art workshops** for children and young people living with a lifelong physical health conditions such as diabetes, epilepsy, cystic fibrosis, allergies, heart conditions, chronic asthma, spina bifida, juvenile arthritis, rare or complex conditions and many more.

Helium Arts camps are a great opportunity for these children to not only explore their creativity but also to make new friends, learn new life skills, grow in confidence and self-esteem and have fun.

Registrations are now OPEN for the **FREE Online Summer Art Camp**, specially designed for teens (age 13-15) living with a lifelong physical health condition and open to young people nationwide across Ireland.

Artist, Emma Fisher, will deliver a 3 day **animation and storytelling camp**, July 4th, 5th & 6th with morning and afternoon times available. For further details including registration please [CLICK HERE](#)

HSE Health & Well-being! "Making every, contact count":

The Making Every Contact Count training programme is available to all healthcare professionals in Ireland. It was developed in consultation with healthcare professionals and patients to provide effective tools and knowledge to carry out a brief intervention with patients or service users. It consists of a 4-hour eLearning training and an optional follow-on 3.5-hour workshop.

By [Making Every Contact Count](#) health professionals can encourage patients to make healthier lifestyle choices during routine contacts to help prevent and manage chronic diseases. For more information [CLICK HERE](#)



You are invited to apply for a place on ...



Connecting with Men

Date: Thursday, 15th of June 2023

Time: 9:30am – 4:30pm

Venue: EDI Centre, Mastertech Business Park, Athlone Road, Longford, N39 Y0F4

Engage National Men's Health Training: HSE will host an Engage 'Connecting with Men' workshop on Thursday 15th June in EDI Centre, Longford. The aim of this FREE workshop is to assist a broad range of practitioners and service providers to explore the world of males, and to develop practical strategies for effectively engaging with them around health and wellbeing issues. It focuses on the engagement process (i.e. **WHY** and **HOW** to build relationships with men) rather than offering a new or revised health programme (i.e. **WHAT** to offer them). To register or for further information please contact 1800 242 505 or Email kathleen.pardy@hse.ie Places are limited, early booking advised.



Advancing alcohol research in Ireland

Save the Date – Advancing Alcohol Research in Ireland: The Health Research Board (HRB), in partnership with the Department of Health, is pleased to announce their upcoming research conference, "Advancing Alcohol Research in Ireland", taking place on **Thursday, 14 September 2023**, at the Gibson Hotel in Dublin.

The conference will bring together experts in the field of alcohol research to discuss evidence-based policy, existing and proposed legislation governing alcohol use, availability, and related harms. Further details about the conference, including registration and the full conference programme, will be provided in due course.



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 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 aircmidlands@gmail.com or phone 086 150 6416

Coffee Morning for parents of children with additional needs

When: Last Monday of each Month
Dates: Monday, February 27
Monday, March 27
Monday, April 24
Monday, May 29

Time: 10am - 12:00pm

Contact: 086 150 6416 / aircmidlands@gmail.com

Venue: Longford Community Resources (LCRL)
Templemichael, Longford N39 RI 122
(located beside Fenlons factory on the road beside the fire station and the Mail)

ALL WELCOME - FREE



AIRC MIDLANDS

*PLAY AREA
FOR SMALL
CHILDREN

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