



General Information/Updates:



Launch of the 'Guide to Supports and Services for Children and Young People with Disabilities in Laois and Offaly': Laois Offaly CYPSC are delighted to announce the official launch of their disability guide in recent weeks. This directory was compiled by the Laois Offaly CYPSC Learning and Development Subgroup, with representation from both parents and service providers. Local services represented in this group include Offaly County Childcare Committee, Offaly Library Service, Laois Library Service, Laois and Offaly Sports Partnerships, Laois Partnership, Inclusion Ireland, LOFFA, and the IPPN. 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:

<u>Guide to Supports and Services for Children and Young People with Disabilities in Laois and</u>
Offaly

<u>Guide to Services for Young People with Disabilities in Longford and Westmeath</u>

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.



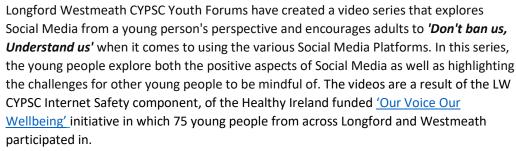


Laois & Offaly Child & Youth Services website: Laois Offaly CYPSC are delighted to announce the recent launch of their new website www.open-up.ie. This is a signposting website to child, youth and family services in Laois and Offaly. CLICK HERE to view a short video to take you on a quick tour of the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

LW CYPSC Youth Forums - Understanding Social Media Series: Longford Westmeath CYPSC Youth Forums have created a video series the



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

<u>Let's Chat SnapChat</u> <u>Cyberbullying</u> <u>Investigating Instagram</u> <u>Lets Talk Tik Tok</u>

Let's Get Smart on Social Media

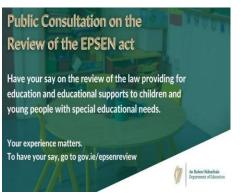
Finding Facebook







Online Survey/ Consultations for completion/circulation:



EPSEN Review Consultation: The Department of Education is undertaking a review of the Education for Persons with Special Educational Needs (EPSEN) Act 2004.

The purpose of this review is to provide assurance that the law that governs the provision of education for children with special educational needs is adequate. This is important, in order to protect the interests of the children concerned and their families, and to ensure that the State can make plans to provide for appropriate education for children with special educational needs. For further details of how to participate in this Online Consultation, please CLICK HERE

Consultation Closing Date is Friday 24th March.

Webinars/Training/Events:



Longford Westmeath CYPSC Go Purple Day Event 2023: Go Purple Day is a joint initiative between An Garda Siochána 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 – <u>LW</u> <u>Go Purple Day Event 2023</u>. Due to limited capacity, early booking is essential.



Longford Westmeath Buggy Walks Initiative Returns: The Longford Westmeath Buggy Walks initiative will recommence with a six-week programme in April 2023.

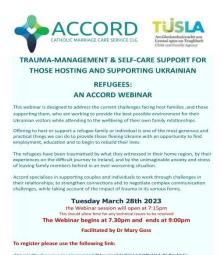
The Buggy Walks Initiative is a collaboration between LW CYPSC, Longford and Westmeath Sports Partnerships, local Family Resource Centres and Longford Community Resources Clg.

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

Further details of walk locations, dates and times will be available in the coming weeks. Please keep an eye on the Longford Westmeath CYPSC social media channels (<u>Facebook</u>, <u>Twitter</u> and <u>Instagram</u>) for further details as they are announced.







Booking deadline: Monday 27th March 2023

Trauma - Management & Self Care Support for those Hosting and Supporting Ukrainian Refugees Webinar:

Accord CLG will host a webinar on **Tuesday 28th March from 7.30pm to 9pm** designed to address the current challenges facing host families and others working to provide the best possible environment for those who have fled Ukraine, while also attending to the wellbeing of their own family relationships.

Offering to host a refugee family or individual or working in different ways to support those fleeing Ukraine are some of the most generous and practical things we can do to provide an opportunity for our visitors to find employment, education and to begin to rebuild their lives. Many refugees have been traumatised by what they witnessed in their home region, by their experiences on the difficult journey to Ireland, and by the unimaginable anxiety and stress of leaving so many family members behind in an everworsening situation.

If you would like to attend this webinar please CLICK HERE



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 21st March, 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 Morning for parents of children with additional needs When: Last Monday of each Month Dates: Monday, February 27 Monday, March 27 Monday, March 27 Monday, May 20 Time four 12:00pm Contact: 086 150 6416 / aircmidiands@gmail.com Venus: Longford Community Resources (LCRL) Templemichael. Longford N39 Ri 122 (focated beside Fenlons factory on the road beside the fire station and the Mall) ALL WELCOME - FREE PLAY A REA 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 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



Midlands Non-Violent Resistance (NVR) Programme 2023: Are you walking on eggshells around your child? NVR is a non-judgemental programme that helps re-build confidence in 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 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









Cycle Against Suicide's talk for parents with Dr Blanaid Gavin:

Following an unprecedented interest in Cycle Against Suicide's recent information talk with <u>Dr. Blanaid Gavin</u> on '**Understanding Anxiety in Teenagers**', parents can now register for access to the recording. In this session, Dr. Gavin talks about what anxiety is, why it happens, when to be concerned, and how to help.

Dr. Gavin also discusses what is known about the causes and consequences of depression and what is known to aid recovery. This recording is free to all parents. For access, parents can register at: https://www.cycleagainstsuicide.com/parent-talks/

AIM (Access & Inclusion Model) Virtual Information Session for Parents: Longford County Childcare Committee in collaboration with <u>Better Start</u> will be offering a Virtual <u>AIM</u> 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.



Supporting Young People Who Had Experienced The Death Of A Sibling

Webinar: The Pillar Project is running a Supporting Young People Who Have Experienced The Death Of A Sibling workshop through Zoom for Parents/Guardians on Wed, 29 Mar at 7:30pm

This workshop, facilitated by Nuala Harmey, will explore the Issues for children/teens whose sibling has died; and the impact on the family system; and on parents and children individually. To register 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 <u>Facebook</u> and/or <u>Twitter</u>, or LO CYPSC on <u>Facebook</u> and/or <u>Twitter</u> or you can

email the coordinators at:

Longford Westmeath CYPSC: grainne.reid@tusla.ie or Laois Offaly CYPSC: niamh.dowler@tusla.ie or

www.cypsc.ie