

General Information/Updates:



Little Library at Bedtime Initiative: Roderic O' Gorman, Minister for Children, Equality, Disability, Integration and Youth and Heather Humphreys, Minister for Rural and Community Development recently announced the First 5 Little Book at Bedtime initiative, in collaboration with public libraries and the Local Government Management Agency.

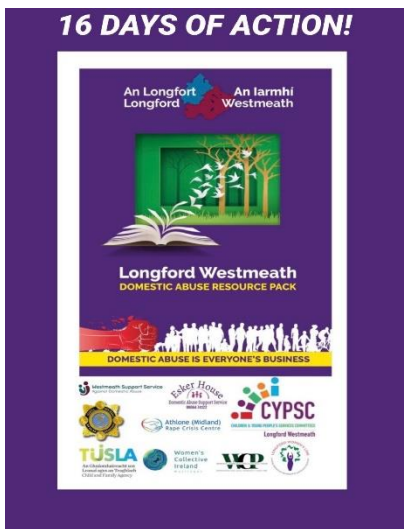
This exciting initiative aims to engage all parents of young children to read stories with them at bedtime. Free bedtime story books and library card wallets are now available at the library for all children of 4 years and under, to pick up and keep. Parents and children can pop into their local library to pick up their free bedtime story book and join the library. Bedtime story books are available in both English and Irish.

For more information [CLICK HERE](#). You can also check out your local library webpages at the following links [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)



Bereaved Children's Awareness Week 2023: Every November, the Irish Childhood Bereavement Network (ICBN) organises a series of events across Ireland to highlight bereaved children's needs and provide a voice for them to be heard. Bereaved Children's Awareness Week (BCAW) is to help raise awareness of the fact that children express grief differently; they feel the impact but may not have words to express it so it often shows in their behaviour. This year the awareness week, sponsored by the Irish Hospice Foundation and Tusla, will run from **13th – 17th November**.

To view a short video on Childhood Bereavement [CLICK HERE](#) For full details, information on how you can promote the awareness week, resources and a list of events [CLICK HERE](#)



16 Days of Action Domestic Abuse Campaign: The 16 Days of Action Campaign is an important opportunity to raise awareness and call for change at an international, national and local level to end violence and domestic abuse. The campaign runs each year from 25th November (UN Day for the Elimination of Violence against Women) to 10th December (International Human Rights Day). These 16 days provide a dedicated period for advocacy and action.

The recently completed, [Longford Westmeath Domestic Abuse Resource Pack](#) is now available to download. This resource, offers advice, information, intervention, support and advocacy for women, men, children, perpetrators and victims of Domestic Abuse. The goal of this resource document is to create awareness of domestic abuse, support professional and front-line practitioners to identify domestic abuse and respond by highlighting a clear pathway when the need for support is required. This resource is a toolkit for professionals in Longford and Westmeath who support people experiencing any form of domestic abuse.



Stand Up Awareness Week: Stand Up Awareness Week will take place from November 6-10, 2023. [Belong To's](#) Stand Up Awareness Week is a time for post-primary schools, youth services and Youthreach centres in Ireland to join us and take a stand against homophobic, biphobic and transphobic bullying. is named as an action in the DCEDIY's [Cineáltas: Action Plan on Bullying 2023-2027](#)

This week is an opportunity to take steps to make spaces safe and supportive for LGBTQ+ young people. It is heartbreaking that one in five young LGBTQ+ people face bullying and that 76% of LGBTQ+ students feel unsafe at school. Together we can create spaces where LGBTQ+ young people feel safe, equal and valued.

For more information including resources and posters [CLICK HERE](#)

Online Survey/ Consultations for completion/circulation:



Community Law & Mediation
FREE LEGAL ADVICE CLINICS
Available by Phone

01 847 7804 | 061 536 100
Dublin | Limerick

Please call us to set-up an appointment

Free Legal Advice Clinics for Children and Young People: Community Law Mediation are a legal team offering one day training to organisations and/or service users in the areas of Social Welfare Appeals, Employment Law, Environmental Justice & Social Housing.

This project is funded by the Community Foundation of Ireland RTE Toy Show Appeal.

In order to measure interest for Legal Training in Children's Rights, professionals are invited to participate in a **short survey** to find out which areas are of the most interest to organisations and individuals. To participate in this survey please [CLICK HERE](#)

Webinars/ Training/ Events:

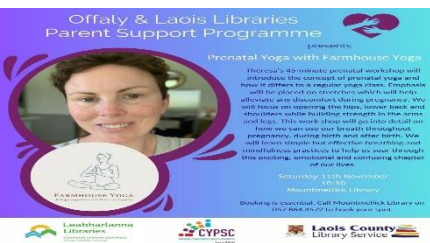


Leabhraí/Laibreacha
CYPSC
Laois County Library Services

Offaly & Laois Libraries
Parent Support Programme
Autumn 2023

Offaly and Laois Libraries Parent Support Autumn Programme: Offaly and Laois Libraries, supported by Laois Offaly CYPSC are hosting 23 FREE Parenting Support events taking place throughout the autumn period. The [Parenting Support Programme](#) invites experts to discuss a broad range of parenting topics currently impacting our children. The aim of the programme is to give parents simple and practical strategies to help them build healthy relationships with their children and confidently manage issues as they arise.

Full details of the programme and the various events taking place can be found in their digital programme [HERE](#) as well as registration details.



Offaly & Laois Libraries
Parent Support Programme

presents
Prenatal Yoga with Farmhouse Yoga

There's a 45-minute prenatal workshop with introducing the concept of prenatal yoga and how to adapt to realistic goals. Exercises will be done on our exercise balls with help, advice and discussion during the session. We will focus on opening the hips, lower back and shoulders while making movements to the neck and legs. This workshop will go into detail on how to create a safe and effective breathing and pregnancy, starting with and other birth. We will focus on how to create breathing and mindfulness practices for both you and your baby through the evening, relaxation and creating a peaceful atmosphere.

Bookings & enquiries: 01753 864472
Mountmellick Library
Mountmellick Library
Bookings to Tullamore. Call Mountmellick Library or visit our website to book your spot.

Leabhraí/Laibreacha
CYPSC
Laois County Library Services

Prenatal Yoga and Mindfulness Workshop: As part of the Offaly and Laois Parenting Programme, supported by Laois Offaly CYPSC, Laois Libraries are delighted to be hosting a Prenatal Yoga and Mindfulness workshop with Farmhouse Yoga in Mountmellick Library on **Saturday 11th November at 10.30am**.

Places are limited so to secure your place call Mountmellick Library on 057 86 44572 or email:mountmellicklibrary@laoiscoco.ie.



Offaly & Laois Libraries
Parent Support Programme

presents
Talk on Next Steps after Secondary School
with Laois Offaly ETB

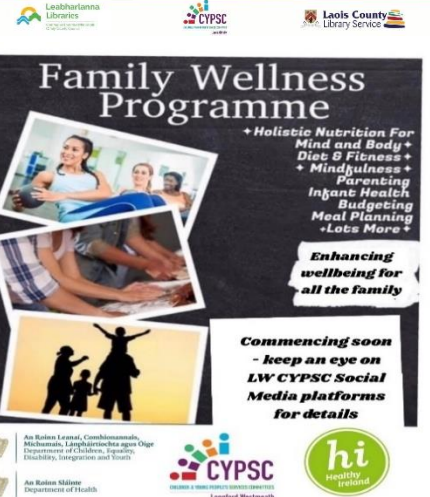
November 7th @ 18.30
Tullamore Library

leotb

Leabhraí/Laibreacha
CYPSC
Laois County Library Services

Next Steps after Secondary School Talk: If you have a child in Senior Cycle at Secondary School or someone who isn't sure university is the for them, join Geraldine Grennan of the Laois and Offaly ETB Community Education, in Tullamore Library on **Tuesday 7th November at 6:30pm** to learn about alternative routes to college, apprenticeships, and other opportunities when school finishes.

This talk is aimed at teens, young adults, parents, and anyone considering future career prospects. Contact Tullamore Library to book a free spot or for further information at TullamoreLibrary@offalycoco.ie / 0579346832. This forms part of the Offaly and Laos Parenting Programme, supported by Laois Offaly CYPSC.



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 Léargas, Comhionannas, Micéilíocht, Leabharlanna agus Oideachas, Department of Children, Equality, Disability, Integration and Youth

An Roinn Ailse, Department of Health

CYPSC
Longford Westmeath

hi
healthy
ireland

Longford Westmeath Family Wellness Programme: The [LW CYPSC Family Wellness Programme](#), funded by Healthy Ireland continues throughout November 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. To view a summary video about the Family Wellness Programme [CLICK HERE](#)

Workshops are currently taking place across locations in Longford and Westmeath as well as an Online Webinar series on Wednesday's in November (see below for details).

If you would like full details about workshops in your locality, please contact grainne.reid@tusla.ie or see details of just some of the upcoming workshops listed below.



Family Nutrition and Wellness Programme: As part of the LW CYPSC Family Wellness Programme, Lus Na Greine FRC, Granard Co. Longford will be hosting a Family Nutrition and Wellness Programme over 4 weeks. A great opportunity to learn about nutrition, budgeting and healthy meal ideas. Commencing on the

3rd November – 1st of December – 10.30am – 1pm.

Contact Eileen **087 055 8549** or **043 66 60977** to register.



LW CYPSC Parenting Webinar Series Nov 2023: Hosted by Athlone Family Resource Centre, as part of the LW CYPSC Family Wellness Initiative, a Parenting Webinar Series with Gráinne Powell will run over four weeks, commencing on 8th November. A webinar will run each Wednesday from 7pm to 8:30pm. The series is aimed at parents of children aged 0 – 18 years and professionals in the social care field who support parents and families through their work.

Pre-registration is not required however if you would like to receive a weekly reminder and be added to our mailing list for this series please email grainne.reid@tusla.ie

8th November, 7pm : Webinar 1 – [Healthy Happy Homes: Reducing Family Conflict](#)

15th November, 7pm: Webinar 2 – [Coping with Change & Managing Anxiety in Children](#)

22nd November, 7pm: Webinar 3 – [Parenting Teens through Risky Times](#)

29th November, 7pm: Webinar 4 – [Shared Parenting](#)

- 8th November- Healthy Happy Homes, Reducing Family Conflict
- 15th November- Coping with change and managing anxiety
- 22nd November- Parenting Teens through Risky Times
- 29th November- Shared Parenting



Cooking with Fiona- Family Wellness: As part of the LW CYPSC, Family Wellness Programme, Bridgeways FRC Ballymahon will host cooking with Fiona Egan from the

7th – 28th November from 10am – 11.30am

Contact Joanne **085 866 8062** to register.



Family Wellness Programme: The LW CYPSC, Family Wellness Programme, continues in the **Womens Community Project, Mullingar** on Monday mornings from 10am to 12:30pm.

To register for **FREE** sessions in reflexology, Pilates and much more call 0449344301 or email adult.ed@wcpmullingar.ie to register.



Keeping Connected in the Tween Years Webinar: The ISPC is delighted to introduce their new 'Keeping Connected in the Tween Years' webinar in collaboration with Madeleine Connolly, Senior Psychiatric Social Worker and Systemic Family Psychotherapist, funded by Dublin City South CYPSC and South Dublin CYPSC.

The webinar will take place on Tuesday 14th November, 7pm – 8pm

For more information or to register [CLICK HERE](#)



Seminar
Voices in the shadows
Hear the untold stories

Location
Athlone Sheraton Hotel

Thursday
30 Nov 2023
10:00 am - 1:00 pm

GDVSS
EMDAO
EMDAO
Ethnic Minority Domestic Abuse Observatory

Voices in the Shadows – Hear the untold stories: Offaly Domestic Violence Support Service and Amal through the Ethnic Minority Domestic Abuse Observatory (EMDAO) are hosting an event which will bring migrant women's voices from the shadows with real life stories and discussions. This event will take place in the **Sheraton Hotel, Athlone on Thursday 30th November** commencing at 10am.

This event provides a unique opportunity to hear from individuals who have faced adversity, triumphed over challenges, and have stories that deserve to be heard. You'll gain a deeper understanding of their experiences, struggles, and the resilience that lies within them. To register for this event [CLICK HERE](#)



Spectrum Group

Date & Time:
Every Thursday from November 9th
5:30 - 7:00 pm

Venue:
St. Mary's Hall
Newgate Street

Contact:
Shelly Dunican
089 191 9472

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UBU
IBETB
Allies and Friends can come along too!

Gateway Project Athlone – Spectrum Group: The Gateway Project Athlone are bringing back their LGBTQI+ Group.

All **12 - 17 year olds** are welcome! Starting on the 9th of November this group will meet **Every Thursday from 5:30 - 7:00 pm!** Friends and Allies are also welcome!

Location: St Mary's hall Newgate Street, Athlone
For further details Contact Shelly Dunican 089 1919472



Triple P
Positive Parenting Program
for every parent

Triple P – Positive Parenting Programme Athlone: Triple P is a parenting and family support programme designed to help children to realise their potential. It is designed to provide help and guidance to families when they need it most. It aims to create supportive family environments, and to prevent, and help with the challenges of behavioural and emotional problems in children and teenagers. Barnardos will run a Triple P workshop in the

Clonbrusk Resource Centre, Athlone on Tuesday 14th November, 10am – 12pm.
To register **contact Theresa on 086 035 85 69** or email triplepathlone@barnardos.ie



COFFEE MORNING

SAVE THE DATE
THURSDAY 9TH NOVEMBER 2023
10AM - 12PM
GALLERY ROOM, TUAR ARD, MOATE
JOIN US TO MEET AND GET INFO ON OUR RANGE OF SERVICES

- Information and guidance on obtaining DV Court Orders
- Court accompaniment & referral to legal representative
- Linking in with Garda, legal aid, County Council, TUSLA/ HSE and other relevant bodies
- Child and young persons support service
- Meet our team and chat

Esker House Services:

- 24 hour Helpline: 09064 74122
- Safe refuge accommodation
- Information and support on all aspects of DV
- Referral and advocacy to other agencies
- Court and legal support service
- Child and Youth Support Service
- Training and awareness

Esker House
Domestic Abuse Support Service
Unit 41/52

Esker House Domestic Abuse Support Service Coffee Morning – Moate:

Esker House Domestic Abuse Service are hosting a coffee morning to share information about their new outreach service to people living in the Moate area.

All professionals working in the area are invited to come along and learn more about the services on offer and how to make a referral.

Venue : Gallery Room, Tuar Ard, Moate 9th November 2023 10am – 12pm

Contact **Sinead Butler 087 479 8295/ 09064 74122** for further information.



FREE CPD Seminar
"Adapting Early Years Parenting Programmes to the Needs of Individual Families and Communities"
22nd November 11am - 12:45pm
National College of Ireland

Parents Plus are delighted to announce the New "Core" delivery of their evidence-based Early Years Programme, developed in collaboration with SPÉCS Bray, and supported by TUSLA.

Find out more and attend our Free CPD seminar "Adapting Early Years Parenting Programmes to the Needs of Individual Families and Communities" on 22nd November, from 11 am to 12:45 pm at the National College of Ireland in Dublin.

There will also be an option to join online for those who cannot attend in person.

Please scan the QR or visit <https://www.parentsplus.ie/news/new-core-format-of-parenting-programme> to register your attendance. Seated and save the date to receive full information, please do not hesitate to reach out.

We are delighted to announce you to the event, and we believe that your presence will make a meaningful difference in our collective research.

ParentsPlus
TUSLA
SPÉCS

Parents Plus – FREE Seminar: To mark the launch of their new delivery of the Parents Plus Early Years Programme, Parents Plus are hosting a **free practice seminar:** "Adapting Early Years Parenting Programmes to the Needs of Individual Families and Communities".

This new way of running our Early Years programme, the **"Core" delivery**, offers parents a more flexible, individual way of completing the programme. It is especially helpful for parents who might find it difficult to commit to the original group format, and who would benefit from having more individual support

To learn more about the "Core" delivery click [here](#) or register to attend the free practice seminar via this [link](#).



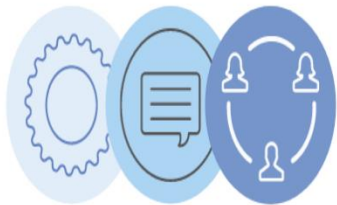
HSE Health and Wellbeing: Vaping/E-Cigarette - Get the Facts Webinar: You are invited to [register](#) for the HSE Vaping/E-cigarettes: Get the Facts webinar, taking place on **November 22nd 11am-12.30pm**

Get the Facts on:

- Trends in smoking and vaping among adults, children and young people
- Benefits and Risks of harm caused by vaping
- Regulating to better protect people from the harms of vaping
- The environmental impact of vaping
- Support for parents, guardians and teachers to protect children and young people from the harms of vaping

Using Implementation Approaches to Achieve Equity: Dismantling Barriers to Services – Event:

The Implementation Network of Ireland and Northern Ireland are hosting an event on **Wednesday 29th November 2023**, in Linen Hall Library Belfast from 9:45am-2:30pm. The keynote speaker Allison Metz, Ph.D., from the University of North Carolina will be joined by Una Wilson, Equality Officer, Advice and Compliance Division, Equality Commission for Northern Ireland. There will also be representatives from the Department of Children, Equality, Disability, Integration and Youth, the University of Limerick and the Centre for Effective Services. Speakers will present a range of implementation approaches from across the island of Ireland that enable equity, including the engagement of users in service design and findings from the implementation of equality strategies.



Implementation Network
of
Ireland and Northern Ireland

This event is aimed at policy makers, service planners and designers, programme managers and service delivery teams from Government departments and agencies, the community and voluntary sector, and organisations involved in championing equality for minority and marginalised groups, from both Ireland and Northern Ireland.

To register for the networking event on 29 November please [CLICK HERE](#)

Drug Related Intimidation & Violence Engagement: DRIVE is an interagency project with systems and structures to respond to drug related intimidation and associated violence (DRIV) in Ireland. A conference will be held **on 23rd November from 10.30am to 1.30pm in Radisson Blu Hotel, Athlone.**

This year's DRIVE conference will focus on policies, programmes and different perspectives in relation to drug related intimidation. The conference is aimed at key stakeholders including but not limited to service providers, task force members, decision and policy makers. On the day there will be key inputs from Ireland, Northern Ireland and the UK exploring key, policy, programme and practice considerations to respond to drug related intimidation. This conference is free of charge and places are limited, early booking advised, **registration closes on Monday 20th of November.** [Click Here](#) to register.

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

