

General Information/Updates:



Supporting Parents Initiative – Resources: Parenting is both rewarding and challenging, and whatever age your child is and no matter how experienced you are, all parents benefit from a little support and advice from time to time.

Supporting Parents is a national model for parenting support services, which takes a whole-of-government approach to improving supports for parenting. It follows a commitment to improve existing parenting supports provided across a range of government departments and State agencies, through the development of a national model. **The vision of Supporting Parents is for all parents to be confident and capable in their parenting role, helping to achieve the best outcomes for children and families.**

The Supporting Parents initiative is bringing together trusted, high quality resources all available in one place, to help you navigate your parenting journey.

[CLICK HERE](#) to access this wide range of supports and resources.

Longford Westmeath Domestic Abuse Resource Pack: The [Longford Westmeath Domestic Abuse Resource Pack](#) is now available to download.

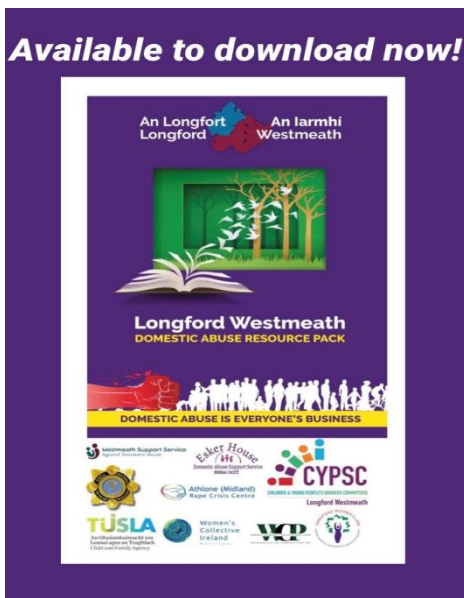
This resource, developed by the Longford Westmeath Domestic Abuse Local Area Network, under the auspices of Longford Westmeath CYPSC offers advice, information, intervention, support and advocacy for women, men, children, perpetrators and victims of Domestic Abuse. The goal of this resource document 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.

An official launch date of the Resource will be announced soon, following the printing of hard copies of the resource for local organisations.

In the interim, you can download the Longford Westmeath Domestic Abuse Resource Pack [CLICK HERE](#)

World Mental Health Month – October 2023: [World Mental Health Month](#) takes place this October. The World Federation for Mental Health started this mental health awareness campaign in 1992 and it is being celebrated yearly since. World Mental Health Day provides the opportunity to raise awareness about global mental health issues and creates the opportunity for people to call for action and advocate for change in mental health. Every year the World Federation for Mental Health sets a theme for World Mental Health Day, this year's theme is **'Mental Health is a Universal Human Right'**. This year's World Mental Health Day celebration coincides with the 75th Anniversary of the foundation of the WFMH in 1948.

To learn more about World Mental Health Month including resources and events visit the Mental Health Ireland website [HERE](#)





First 5 My Little Library Initiative: The [‘My Little Library Book Bag’](#) initiative is providing a FREE bag of goodies (available in English and Irish) to every child who started school in 2023! If you haven’t already collected your goodie bag, **Children & their parents/guardians can collect the bags at any library throughout the country!**

[Léamh Le Chéile](#), funded under the Creative Ireland initiative, is a freely accessible online video resource, which demonstrates the reading of Irish Language storybooks by a performer. There are 6 videos, each one depicts a high quality children’s story book chosen from those contained within this year’s My Little Library Irish language book bags. This resource aims to support and encourage parents to select the Irish language book bags and read the books with their children. It is intended that the videos can be shown to children and discussed with them, and also can be used by parents, families and early years educators for modelling of reading stories out loud in Irish.

You can check out your local library webpages at the following links

[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)



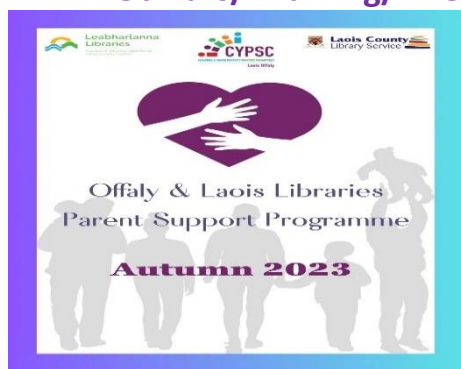
HSE CADS ADAPT (Adolescent Drug & Alcohol Prevention & Treatment)

Service: The HSE CADS ADAPT service delivers a community-based drug and alcohol prevention and treatment support service to individuals under 18 years and families across the midlands area. The service provides support and treatment to those under 18 years who are experiencing difficulties in relation to their drug and/or alcohol use themselves or are affected by drug and/or alcohol misuse within families. The service also provides education, information and support to service users and families as well as support the delivery of a range of education and prevention programmes in line with best practice to the community, voluntary and statutory sectors. Funded by HSE CADS & the MRDATF this free, confidential and holistic service works with all relevant agencies to ensure best possible outcomes for those engaged with the service.

To contact the service or make a referral: Contact the Social Care Lead Sinead O’Shea Tel: 087 4518358 Email: CADS.adapt@hse.ie

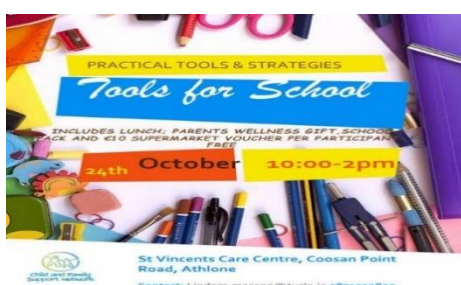


Webinars/ Training/ Events:



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.



Tools For Schools Parents Programme: The next Tools for Schools behaviour modification programme for parents will take place in St Vincent’s Care Centre, Athlone on the 24th of October at 10am. This programme provides parents of children who are experiencing school refusal practical tools and strategies in a supportive environment to help assist in their child’s return to education.

If you would like further details about the programme or to register please email lindam.mccann@tusla.ie



Family Wellness Programme

- + Holistic Nutrition For Mind and Body + Diet & Fitness + Mindfulness + Parenting Injunctive 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 Eanáil, Comhionannais, Meánaibí, Léimhárachais agus Oigir
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

Longford Westmeath Family Wellness Programme: The [LW CYPSC Family Wellness Programme](#), funded by Healthy Ireland is currently taking place 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 in Athlone, Mullingar, Ballinacarrigy, Granard and Ballymahon.

If you would like details about workshops in your locality, please contact grainne.reid@tusla.ie for details.

Longford Westmeath CYPSC Youth Forums – Seeking New Members:

Longford Westmeath CYPSC Youth Forums are currently recruiting new members. The CYPSC Youth Forums provide an opportunity for the inclusion of Children and Young People in the planning, development and implementation of the LW CYPSC children and young people's plan. This includes input into the planning and development of CYPSC youth actions and projects in Longford and Westmeath. One such project by the LW CYPSC Youth Forums was the #MindYour 'Our Voice Our Wellbeing' Healthy Ireland Initiative. A summary video for the project can be viewed [HERE](#)

If you are aged 6 – 24 years and would like to join one of the LW CYPSC Youth Forums please contact your local forum or drop into your local Family Resource Centre for further details.

Longford: Ballymahon: 085 255 1555 Granard: 043 666 0977

Westmeath: Athlone: 085 842 3738 Ballinacarrigy: 044 937 3060



Longford Westmeath CYPSC Youth Forum's

Recruiting new members now!

In YOUR hands to create YOUR futures!

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Longford Westmeath

Contact your local forum for details:
Athlone 085 842 3738
Ballinacarrigy 044 937 3060
Ballymahon 085 255 1555
Granard 043 666 0977
Or drop in to your local FRC for details

Triple P – Positive Parenting Programme Longford: 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. **Lus Na Greine Family Resource Centre**, Granard have commenced their Autumn Triple P Programme in Longford. See the full list of programmes below.

| Venue | Date |
|--|---|
| Family Centre Longford, St Mel's Road | 14 th September 10-12 |
| Ballinalee NS, N39 HY57 | 15 th September 10.30-12.30 |
| Community House Farnagh, N39 AF30 | 29 th September 10.00-12.00 |
| Edgeworthstown Library, 28 Main Street, N39 F7Y8 | 5 th October 10.30-12.30 |
| Lus Na Greine FRC, Main St, Granard | 6 th October 10.00-12.00 |
| Tivoli House, Leader Park, Glack, Longford | 20 th and 27 th October |

For further information or to register

call 043 666 0977 or email admin@Lngfrc.ie

Ardnacassa Youth Group: A new youth group has recently commenced in the Ardnacassa Community House in Longford. This group is for boys and girls aged 10 – 13 years. The group meet on Monday afternoons from 4:30 pm – 5:30pm.

If you are interested in joining please contact Nicola in County Longford Youth Service on 087 168 0459.



Small changes, big differences.

Two hours is all you need for a Triple P Discussion Group
Positive parenting help for parents around Longford

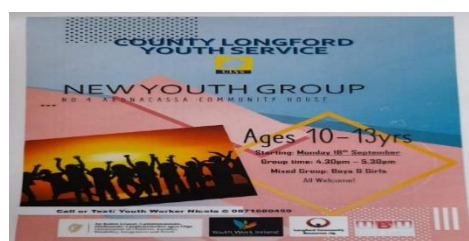
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BOOKINGS AND INFORMATION
Call 043 666 0977 or email admin@Lngfrc.ie

Lus na Greine
Family Resource Centre Clg

Síneadh
Healthy Communities

www.triplep-parenting.net



COUNTY LONGFORD YOUTH SERVICE

NEW YOUTH GROUP
RD 4 ARDNACASSA COMMUNITY HOUSE

Ages 10-13yrs
Starting: Monday 18th September
Group times: 4.30pm - 5.30pm
Monday Group: Every 8 Weeks
All Welcome!

Call or Text: Youth Worker Nicola @ 0871680459



New Routes
Outdoor Adventure Based
Personal Development Programme

10 Week Course
Monksland, Athlone
Suitable for 18 yrs & over
Wednesdays 10-1pm
Starts October 18th 2023

For more information
Please Contact
Barry@venture-out.ie
Or 086 1049684

Venture-Out.ie

What's it All About?
Health & Fitness
Taking on a challenge
Learning about the Outdoors
Employability Skills
Learning Social Skills
Personal Development
Making Positive change

WESTERN REGION
Drug Alcohol & Health

VENTURE OUT

Venture Out New Routes Programme: Venture Out Wilderness Project CLG have been funded by the local Region Drug and Alcohol Task Force to deliver their New Routes - Outdoor Based Personal Development Programme in the Athlone region this autumn and they are currently seeking suitable referrals for participation. This exciting, experiential, outdoor-based personal development programme has been designed to engage participants to help promote their health and wellbeing and affect positive change in their lives. Each half day session will involve the participants engaging in a blended mix of outdoor adventure activities, while exploring a wide range of personal development focused themes and topics. These include topics such as problem solving, relationships, effective decision making, goal setting and action planning. There is no set eligibility criteria however participants must be over 18yrs of age. There is no cost to participation and all necessary equipment and materials are provided by Venture Out.

For further details please contact Barry@venture-out.ie



Helium Arts
CREATIVITY CHANGES LIVES

**REGISTER NOW FOR
FREE CREATIVE
ART PROGRAMMES**

Try one of our FREE, specially designed art programmes either in-person or online from home!

A chance for children and young people (ages 6-15) with lifelong physical health conditions to explore their creativity and grow in confidence, while making new friends and having fun along the way!

Helium Arts Autumn/ Winter Programme 2023: The award-winning Irish charity, Helium Arts are running **FREE Autumn/Winter Art Programmes** over the coming months. Helium Arts provide children with lifelong physical health conditions a chance to explore their creativity and grow in confidence, while making new friends and having fun along the way. Consisting of both online and offline creative activities, this programme is available nationwide.

Please click on the links below for Registration details for each Programme.

[Online Autumn Mid-Term Camp for 13-15 year olds](#)

[Online Winter Art Programme for 6-8 Year Olds](#)

[Online Winter Art Programme for 9 – 12 Year olds](#)

HSE Midlands Suicide Behaviour Awareness & Training Programmes: The HSE Suicide Prevention Training Schedule for the midlands area is now available. Several trainings are available to assist with up-skilling 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](#)

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



HSE Midlands (Laois/Offaly and Longford/Westmeath)

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

Supporting Children & Young People
Building a Better Health Service

Connecting for Life
Mental Health and Wellbeing

National Office
for Suicide Prevention