

General Information/ Updates:



Keep Well In Your Community: To keep up to date on the cross-government community resilience campaign, on how to keep well visit the [Healthy Ireland](#) Keep Well campaign webpage. For information on how to **Keep Well in your Community** at a local level, check out your local Authority Keep Well Pages at the following links:

[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#) and a full list of [Local Authorities in Ireland](#)

For a list of local **Contact Details for Child, Youth and Family Services** in the Midlands Area click on the following links for [Longford and Westmeath](#) and [Laois and Offaly](#)

Department of Education Press Release: Minister for Education Norma Foley TD and Minister of State for Special Education and Inclusion Josepha Madigan TD this week (8th September) welcomed the government decision to implement a new Covid Learning and Supports Scheme (CLASS) that will mitigate the impact to students' learning and wellbeing of Covid-19 closures and restrictions. This fund will bring to €102.6 million the additional supports put in place in 2021 to mitigate learning loss and support wellbeing. Under the scheme, every school will receive an allocation of additional teaching hours, which they may use in accordance with the needs of their students.

To read the Press Release containing further details of the Scheme [CLICK HERE](#)



Tusla Fostering Services: Can you provide a caring & supportive home for a separated child seeking international protection? Tusla is seeking carers from different family, cultural, religious, social & linguistic backgrounds to help young people develop confidence & life skills. Tusla foster carers all around Ireland have positively transformed the lives of vulnerable children and young people, by helping to provide a safe and loving home environment, where they can grow, flourish and reach the best of their potential. You could be raising amazing by providing a child or young person with the ordinary things in life. For further details [CLICK HERE](#)



National BEEP BEEP Day 2021: Beep Beep Day is a national road safety awareness day for pre-school children. Beep Beep Day takes place in crèches and Montessori schools around the country every year. National Beep Beep Day 2021 will take place on Friday, 8 October, during Irish Road Safety Week. **Childcare providers can avail of FREE RSA Beep Beep Day packs however stock is limited so order without delay to have them in time for National Beep Beep Day.**

For further details [CLICK HERE](#)



Protecting Your Child from Covid-19: COVID-19 (coronavirus) can affect children as well as adults. But cases of COVID-19 are much less common in children. Children generally get a milder infection than adults. They often have no symptoms. To read details on how to protect your child from Covid-19 [CLICK HERE](#)

Children do not spread the virus more than adults and are rarely the cause of the virus spreading in households. To read about what to do if your child has symptoms of COVID-19 [CLICK HERE](#)

Public Health Information regarding Covid-19:

As part of the [Resilience and Recovery 2020-2021: Plan for Living with COVID-19](#) there are a number of public health measures in place.

To read more about the Public Health Measures in place right now [CLICK HERE](#) .



Online Survey/ Consultations for completion/circulation:

Cycling Ireland – Young People Survey: [Cycling Ireland](#) Youth Commission and [Street Games](#) are working together to understand more closely what young people across the island of Ireland think and feel about cycling and how we can encourage more young people to get on their bikes in the future. Cycling Ireland would greatly appreciate your support in helping to get the word out there to the young people, if you can please share the survey link which can be found [HERE](#) or the QR code on the right so as to reach as many young people as possible. The information gathered will be used to draw down future funding to be invested in the design programmes that relate specifically to the young people's responses.



Our Voices: Looking Beyond Borders: The Northern Ireland Youth Forum (NIYF) supported by DCEDIY and Youth Work Ireland is conducting a youth led action research project to explore topical issues for young people including identity, culture and covid-19. This research will focus on gathering **the views of young people aged between 11 and 25** across the island of Ireland (NI and ROI). The findings from the survey will be used to inform a report which will outline key issues, views and perspectives as identified by young people. This will also be used to highlight the views of young people as we look to the future and recovery from the Covid-19 pandemic. We aim to *speaking truth to power* and will use this research to do so. The survey should take **approximately 10 minutes** and all participants will be entered into a draw for a chance to win one of 2 **£50 Amazon Vouchers**. To complete the survey [CLICK HERE](#)



Webinars/ Training/ Online Events:

Start from the Heart Parenting Programme: The Start from the Heart Parenting Programme, supported by Longford Westmeath CYPSC and the Healthy Ireland Fund will be rolled out across the counties of Longford and Westmeath through the four local Family Resource Centres this autumn.

The first of the **FREE** Start from Heart programmes will commence in [Bridgeways Family Resource Centre](#) starting on Wednesday 22nd September 2021. The programme will run for 8 weeks and is open to parents of children of all ages.

Start from the Heart introduces the latest research on neuroscience, brain development, attachment and the impact of childhood trauma. It explores how stress, relationships and early experiences affect us, as we journey through parenting. During the programme you will explore ideas and techniques that help parents build their self-esteem, self-awareness and enhance their physical and mental health. Registration is essential. To book your place contact Grace on 085-8668062/Emer on 085-2551555 or via Bridgeways Family Resource Centre social media Platforms – [Facebook](#)/[Instagram](#)



"Start from the Heart"

Come along to this **free, life changing, heart centered** parenting programme for parents of children and young people of all ages.

When: Every Wednesday for 8 weeks starting 22nd Sept, 10.15am - 12.15pm.

Where: Bridgeways Family Resource Centre

What: Support, tips, tools & resources to support your journey.

To book, please contact:
Grace on 085-8668062/
Emer on 085-2551555
or via social media.

Facilitated by
Bridgeways FRC
Staff Grace & Emer

Connected for life

hi CYPSC

Royal Canal Family Cycle: [National Bike Week](#) takes place next week from 12th – 18th September 2021. Taking advantage of the ideal Royal Canal walking and cycling loop in Longford Town, [Longford Sports Partnership](#) will host a 6km family cycle where parents and children will cycle together. This event will take place on Sunday September 12th at 11:00am coinciding with the Nationwide Family Cycle Day.

To register for this FREE even [CLICK HERE](#)



BikeWeek

Royal Canal Family Cycle

Taking advantage of the ideal Royal Canal walking and cycling loop in Longford Town. A family cycle where parents and children will cycle together will take place on Sunday September 12th at 11:00am

Register for FREE on Eventbrite

SAVE THE DATES:
WEDNESDAY'S WEBINARS 22ND SEPT - OCT 27TH
FOR 6 WEEKS, 11-12 NOON WEEKLY ON ZOOM



Date	Topic	Speakers
Wednesday, 22 nd September	Life on The Spectrum	Katie & Aoife Dornan in conversation with Anne Marie Kelly
Wednesday, 29 th September	Assessment and Diagnostic Process	Dr. Perry Rogers
Wednesday, 6 th October	Getting your child school ready	Ms. Sheen Greville
Wednesday, 13 th October	Theory of mind & Context blindness in ASD	Dr. Peter Venneman
Wednesday, 20 th October	Parents experience and what is available in the community in Laois & Offaly	Local Parents Play Therapist, Laois & Offaly Library Staff
Wednesday, 27 th October	Food aversion and ARFID (Avoidant, Restrictive, Food Intake Disorder)	Dr. Gillian Harris in conversation with Aileen Plans

- Helpful online information on the Autism Spectrum Disorder (ASD)
- Help to build your 'autism toolkit' for people on the spectrum, parents, families, and professionals.
- Experienced International & Local Speakers from Laois & Offaly.
- Enquiries email us at: thespectrumseries1@gmail.com

Organised by Laois & Offaly Children and Young People's Services Committee Learning & Development Subgroup
REGISTRATION LINK FOR ZOOM COMING SOON

The Spectrum Series: A series of webinars on the Autism Spectrum Disorder (ASD) will run from the 22nd Sept 2021 organised by Laois Offaly CYPSC Learning and Development Subgroup. This series will help to build your 'autism toolkit' for people on the spectrum, parents, families, and professionals. The webinars take place on the following dates:

Date Topic

- 22nd Sept - Life on the Spectrum
- 29th Sept - Assessment & Diagnostic Process
- 6th Oct - Getting your child school ready
- 13th Oct - Theory of mind & context blindness in ASD
- 20th Oct - Parents experience and what is available in the Laois & Offaly communities
- 27th Oct – Food aversion & ARFID (Avoidant, Restrictive, Food Intake Disorder)

For further details or enquiries contact – thespectrumseries1@gmail.com

Understanding Trauma & Building Resilience Conference:

Laois Offaly CYPSC in collaboration with their lead partners Clara and Tullamore Community and Family Resource Centres, funded by the Healthy Ireland Fund are hosting an **Understanding Trauma and Building Resilience Conference** on Thursday **14th October 2021** from 9:30am to 3:30pm. This conference will feature International, National and Local Speakers who will explore the various types of Trauma and Supportive Responses. To register for this event [CLICK HERE](#) (Early Booking recommended)



Understanding Trauma & Building Resilience Conference
Featuring International, National and Local speakers on various types of trauma and supportive approaches

Live speakers:
Shane Martin
Deirdre McLaughlin & Marie Blaney
Kevin Farrell
Jacqueline Connolly
Patricia Allen Garrett
Adrienne Rouan

with opening address by Kate Duggan
Director of Services & Integration, HSE

Register to attend on 20th via the link: <https://bit.ly/3u3u3u3>

Conference Programs will be issued soon

Triple P Fear Less – Reducing Anxiety in Children Webinar: Athlone Education Centre in partnership with Triple P Programme are delivering a Fear Less Webinar on Wednesday 22nd September from 7pm – 9pm. This webinar will offer Parents of children aged 4 – 14 years tips and strategies to help children manage their anxiety. Providing practical evidenced – based tips for parents and carers in these uncertain times.

If you would like to register for this FREE webinar [CLICK HERE](#)



TRIPLE P - FEAR LESS
Reducing Anxiety in Children

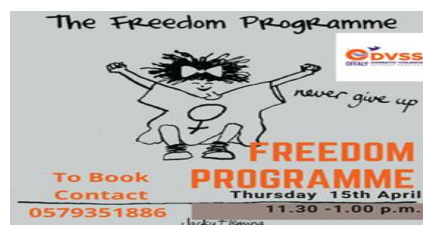
Fear Less Webinar
DATE: Wed 22nd Sept
Time: 7.00pm - 9.00pm

Athlone Education Centre in partnership with Triple P Programme are delivering a **Fear Less Webinar** which will offer Parents of children aged 4-14 years of age tips and strategies to help children manage their anxiety. Providing practical evidenced – based tips for parents and carers in these uncertain times.

IF YOU WOULD LIKE TO JOIN THIS FREE WEBINAR
<https://www.athloneeducationcentre.ie/parents-and-carers/fear-less-webinar>

All information is confidential and only shared to any identifying details will kept safe and secure.

ODVSS – The Freedom Programme: Offaly Domestic Violence Support Services will run their next **Freedom Programme** commencing on **Wednesday 22nd of September 2021**. This online course is suitable for victims/survivors of domestic violence and abuse, along with front line staff who engage with victims/survivors. For information and booking contact 0579351886 or email manager@odvss.ie. Referrals also taken.



The Freedom Programme
never give up

FREEDOM PROGRAMME
Thursday 15th April
11.30 - 1.00 p.m.

To Book Contact
0579351886

Jacky Fleming

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