

General Information/ Updates:



Santa Claus exempt from Covid travel restrictions: Tánaiste Leo Varadkar has promised the children of Ireland that Santa Claus will not be subject to the new travel rules for entering the country. New regulations introduced by officials mean that anyone who wants to come into Ireland will need to produce either a negative PCR or a negative antigen test within the previous 72 hours. This has left many children wondering whether jolly St Nicholas would be included in that.

TD Christopher O'Sullivan raised the issue in the Dail earlier this month, saying that while Santa and his elves are flat out making toys, he had concerns about the supply chains into Ireland because of Brexit. This was swiftly responded to by Mr Varadkar, who promised that Santa will be well-stocked when he sets off on his journey on Christmas Eve.

Mr Varadkar started : "My Department, the Department of Trade will leave no stone unturned and do absolutely everything we can to make sure there's no disruption to supply chains or issues that could disrupt the delivery of presents."



Let's Get Set: The Healthy Ireland [Let's Get Set campaign](#) encourages us all to set a healthier routine over coming months, and to avail of simple easy steps to keep up or to create a new healthy habit, whether that is eating better, getting more physically active, or learning how to take care of our mental wellbeing.

To keep up to date on the Let's Get Set campaign [CLICK HERE](#), you can also visit the [Healthy Ireland](#) Keep Well webpage or for more information 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](#)



Play time fun this Christmas: It's easy to get caught up in the stress of buying the perfect present for your child at Christmas. But the truth is, the best gift you can give them is taking the time to play with them.

Your child uses a lot of brain and muscle power during play time. This helps develop their social, intellectual, language and problem-solving skills. Playing with your child will also strengthen that special bond between you.

The [HSE mychild.ie](#) website have collated some excellent playtime tips for you to enjoy with your child. Check out these [10 ways to play with your child this Christmas](#), depending on what age and stage they're at.



Supporting Children and Parents: All families would benefit from support at some point in their lives. There are many useful supports available for children, young people and parents. However, the many sources of information, advice and support can be overwhelming. Supporting Children and Parents brings together new and existing resources that children and parents may find helpful. It provides a starting point to access high-quality, trusted information and support in an easy to navigate format.

Supporting Children and Parents is continuously updated as new resources become available.

For information and resources for both [Young People](#) and [Parents](#) > [CLICK HERE](#)



FREE Christmas Resources, Printables and Activities: 123KidsFun have compiled lots of FREE resources for Children to keep them busy over the Christmas holidays.

The resources include **free downloadable colouring pages, Christmas activities, Christmas Crafts, and winter games** for all the family.

To access the downloadable Christmas resources [CLICK HERE](#)



Barnardos Parent Support Line: Barnardos understand that parents and children may be feeling a range of emotions at the moment due to the Covid- 19 pandemic. Their parent support line is open Monday to Friday from 10am - 2pm for all parents who would like some extra support & advice.

☎ Call 1800 910 123 or [CLICK HERE](#) for further details



Webwise – Online Safety Resources for Parents: Christmas is fast approaching and perhaps new online devices have been purchased for the home. The world of the internet can be a daunting place for parents and [webwise](#) provide many internet safety guidelines, resources, and tools to assist parents in gaining knowledge about online safety. These resources will allow parents to look at internet safety comfortably with their children. There are many useful tips and guidelines available that will ensure that children have a positive experience while using the internet. There are also a series of free videos available from past webinars held online, which can be accessed [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](#) .

For the most up to date information and advice on Coronavirus visit the HSE website [HERE](#) and visit the HSPC website [HERE](#)

Please check [here](#) for the most up to date partner resources for COVID-19.

Online Survey/ Consultations for completion/circulation:



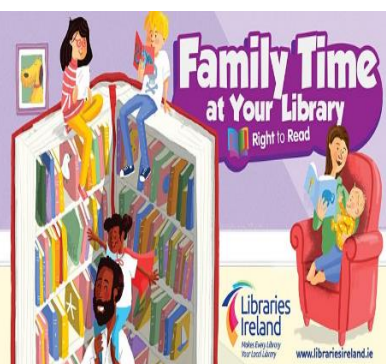
Understanding Life in Ireland: A Well-being perspective: The Government is developing a [Well-being Framework](#) to better measure Ireland's progress as a country and better align policy decisions with people's experiences. As we recover from the COVID-19 pandemic, and build back better, the importance of ensuring we take a new and broader approach to understanding people's lives has never been clearer.

To have your say [CLICK HERE](#)



Tusla Advisory Group Survey: Tusla Advisory Group (TAG), an advisory group of care leavers aged 18-25 with the support of the Tusla Service Experience, Innovation and Development (SEID) team is asking young people, who have received some/all aftercare services from Tusla, to take part in a survey on their experience of moving from care to aftercare. For more information [CLICK HERE](#)

Webinars/ Training/ Events:



Family Time at Your Library: Family events and activities take place in all libraries during the month of December to support the involvement of the whole family in children's reading. Family Time at your Library activities are provided to engage family members in the enjoyment of reading and sharing stories. The whole family are also introduced to collections of children's books, e-books and e-audio books. The Family Time at your Library events aim to support a family-focused approach to reading with children as part of the national Right to Read programme and to increase awareness of the benefits of reading and promote reading as a fun, recreational activity for children. See links below to check out your local library service for details of family events and activities this December. [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#), and you can also check out the [Libraries Ireland website](#) for events, resources and activities from across the country.

Tools for Engagement

Exciting opportunity: open to People who use Mental Health Services, Family Members and Carers

Topics include:

- Service user involvement
- Resilience Building
- Committee & Meeting Skills
- Having Your Say

Information Session: Wednesday 12th January 2022
Time: 11.00 am – 12.30 pm
Training Dates: Wednesday 19th & 26th January, 2nd & 9th February 2022
Booking: [Tools for Engagement](#)
Time: 11.00 am – 1.00 pm




Contact us: Duana McArdle HSE Mental Health Engagement:
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Tools for Engagement: HSE Mental Health Services are hosting a ‘Tools for Engagement’ learning programme commencing in January 2022 and are inviting mental health service users, carers and family members in the CHO8 area (covering counties, Laois, Offaly, Longford, Westmeath, Louth and Meath) to attend. This is a learning programme to support the work of local committees (Mental Health Forums) in the CHO8 area. The forums work to develop and improve mental health services through a partnership arrangement between HSE services, people who have experience of mental health challenges, carers and family members.

It is free to participate in the Learning programme and the programme covers personal development, co-production, policy, communication, and teamwork.

There will be an introductory session, Wednesday, 12th January 2022, 10.30am and five sessions will be delivered thereafter, every Wednesday, 1030am – 1pm beginning 19th January, ending, Wednesday 16th February. This will be delivered online via zoom video call.

For further information and registration details [CLICK HERE](#)

This is the final LW/LO CYPSC Information Update for 2021, the Midlands CYPSC Coordinators, Gráinne and Niamh would like to wish all of our readers a very Happy Christmas and a bright New Year for all. #KeepWell this Christmas



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

For a list of local **Contact Details for Child, Youth and Family Services** in the Midlands Area click on the following links

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