

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](#)

Local Authorities also provide a local community helpline and befriending service. **The Midlands Area Local Community Call numbers are as follows:**

Longford – 1800 300 122 Westmeath – 1800 805 816

Laois – 1800 832 010 Offaly – 1800 818 181

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



Healthy Ireland Strategic Action Plan 2021 – 2025: The Healthy Ireland Strategic Action Plan 2021-2025 provides a clear roadmap of how we can continue to work together to bring about good health, access to services, healthy environments, and the promotion of resilience and to ensure that everyone can enjoy physical and mental, health and wellbeing, to their full potential. This action plan will build on the work and progress made to date and focus on the remaining years of the Healthy Ireland Framework from 2021-2025. To read the action plan, [CLICK HERE](#).



Department of Children, Equality, Disability, Integration and Youth (DCEDIY)

Press Releases: On the 11th of June, Minister Roderic O’Gorman, T.D., announced that the DCEDIY have established a fund and Hub na nÓg training to support implementation of the [National Participation Framework for Children and Young People’s Participation in Decision Making, \(2021\)](#). The emphasis will be on the everyday spaces and settings where practitioners work directly with children and young people. Applications for this funding are open until **Monday the 28th of June 2021**. To find out more, [CLICK HERE](#).



On the 15th of June, Minister Roderic O’Gorman, T.D., announced that €500,000 in funding is available under the [Communities Integration Fund 2021](#). €500,000 will be made available to local community-based projects nationwide to support the integration of migrants and grants of up to €5,000 will be allocated to successful organisations to support integration initiatives. **The closing date for these applications is at 6pm on Friday 2nd July 2021**. To find out more, [CLICK HERE](#).

National Family Resource Centre Mental Wellbeing and Summer Project:

The [National FRC Mental Health Promotion Project](#) is dedicated to providing education, training and support to staff and volunteers of all 121 [Family Resource Centres](#), which will have a positive impact on their own mental health and the mental health of the communities they work in. Having good wellbeing ensures that you can live life to the fullest, have increased productivity and increase your mental, physical, emotional, social, and spiritual health. Check out this resource which aims to help increase mental wellbeing this summer from the National FRC Mental Health Promotion Project by clicking on this [link](#).





Supporting Playful Learning at Home: Learning through play is one of the best ways for your child to learn. Check out this tip-sheet from the [National Parents Council Primary](#) which shows how you can support playful learning at home. By providing opportunities for play and learning in your child's everyday life you are supporting your child's long-term growth, development and wellbeing. [CLICK HERE](#) to learn more.



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 these measures and "The Path Ahead" [CLICK HERE](#).

For the **most up to date information** and advice on Coronavirus, please see: **Department of Health DOH:** Covid 19 information and campaigns [CLICK HERE](#).

Health Service Executive HSE: Covid 19 information including symptoms, testing and how to manage Coronavirus at home [CLICK HERE](#)

For the most up to date

Partner resources for COVID-19, [CLICK HERE](#)

Health Protection Surveillance Centre HPSC: Covid 19 Information including advice for general public, return to work, resources, and posters [CLICK HERE](#)

For information on **Protecting your Child** from COVID-19, please see: www.gov.ie/adviceforparents

Online Survey/ Consultations for completion/circulation:



Public Consultation on a new National Action Plan Against Racism for Ireland

Public Consultation 2021: The anti-racism committee's public consultation on a new [National Action Plan against racism](#) is now open until **the 14th of July 2021**. This public consultation gives everyone a chance to voice their opinion on how Ireland can effectively tackle racism in all its forms. You can access the committee's informative Consultation Document, which is available in 29 other languages by clicking [HERE](#). And to find out more from gov.ie, [CLICK HERE](#).



Barnardos Back to School Survey: [Barnardos](#) invites parents and guardians to take part in their Back-to-School Survey 2021. Barnardos listens and then informs the Government what the main concerns and worries are and the costs to send a child to school. They remind the Government of their responsibility to deliver free education for all and provide the necessary support for children most in need as they return to school.

There is both a survey if your child is in primary or secondary education. This survey is also open to young people themselves. To take part in this survey and to find out more, please [CLICK HERE](#).

Webinars/ Training/ Online Events:



Athlone Family Resource Centre Upcoming Events: The Athlone FRC host a wide range of events and activities, full details of which can be found on their recently launched website [here](#). Read below to catch up on what has been happening and what is yet to come!

For **International Men's Health Week**, Athlone FRC partnered with the Clockwork Junkie and they have two podcasts available for any interested listeners. The Clockwork Junkie podcasts hosted by Mark McCormack, speaks with guest speakers [Maclean Burke](#) and [James McCormack](#).

A **community arts collaboration** between Athlone Family Resource Centre and LipZinc Theatre funded by Creative Ireland and Westmeath County Council are organising an online event entitled 'The Wheel – Journeying at Solstice' on YouTube on the **21st of June at 9 p.m.** For more information [CLICK HERE](#)

Athlone FRC Family Wellness Programme in association with **Longford Westmeath CYPSC** and funded by Healthy Ireland are offering ChakraDance workshops for fitness and wellbeing. [CHAKRADANCE™](#) is a well-being movement practice. It uses spontaneous dance, to specific chakra-resonant music, for the purpose of healing and re-tuning your whole energy system. The facilitator Emer Dunne will help participants to feel more balanced, more joyful, and to radiate one's own true colours out into the world. Athlone FRC are now taking registration for this 8-week programme. If you would like to find out more about these workshops, please send an email to contactme@afrc.ie.

Athlone FRC are also collaborating with **Play Therapist Cathy Daly**. Cathy is a qualified Non- Directive Play Therapist, member of the Irish Play Therapy Association and also holds a B.A. degree in Psychology. In addition, she is a trained facilitator of the Circle of Security parenting programme and has training in Filial Therapy. The focus of this seminar is to discuss the benefits of Nature Based Play in Childhood. This seminar is also part of **Athlone FRC's Family Wellness Programme** and has been funded through **Healthy Ireland** and supported by Longford Westmeath CYPSC. If you would like to register for this seminar which will be held on the **Tuesday the 22nd of June at 7pm**, please email contactme@afrc.ie and a link for the zoom meeting will be sent to you.

Supporting Young People's Mental Health During COVID-19: [Jigsaw Ireland](#), who are the National Centre for Youth Mental Health and the [HSE \(Health and Wellbeing Division\)](#) have joined forces to offer free online training to support Youth Mental Health during COVID-19. This online workshop is for those who work or volunteer with young people aged 12-25 years old.

Dates for these workshops are as follows:

- Tuesday 29th June: 10 am – 1 pm
- Tuesday 20th July: 10am – 1 pm
- Tuesday 7th September: 10am – 1pm

To apply for a place on this training, email Kathleen.pardy@hse.ie and include a phone number, the name of your organisation and your role or for further enquiries about the training, contact Michele Baker on 086 047 4725.



Supporting Young People's Mental Health During Covid19

An online workshop for those who work or volunteer with young people aged 12-25 years

This 3 hour online workshop is for those who work or volunteer with young people. The workshop has been co-developed by Jigsaw, the National Centre for Youth Mental Health and HSE, Health and Wellbeing Division.

Learning Outcomes

- Have a greater understanding of the impact of COVID-19 on young people's mental health
- Explore the challenges to supporting young people during COVID-19
- Learn practical ways to support and promote young people's mental health during COVID-19.

To apply for a place on the training please email kathleen.pardy@hse.ie. In your email please provide a phone number, the name of your organisation and your role.

For further enquiries on the training contact Michele Baker on 086 047 4725

JIGSAW
Young people's mental health



Live Out Loud – Livestream broadcast event: [Live Out Loud](#) is a national campaign that celebrates LGBTI+ young people and shows how they are visible, valued and included in culture, society, and sport. An upcoming event by Live Out Loud is a livestream broadcast from the National Opera House, Wexford, which will feature singers, spoken word artists, dancers and activists telling their stories of living out loud as LGBTI+ young people in Ireland. The event will be hosted by Stephen Byrne and will feature special guests such as Irish rock band Pillow Queens. To get involved in the event, [CLICK HERE](#).

The event will be shown on the DCEDIY [Facebook](#) page and their [YouTube page](#).



Creative Tech Fest: [Creative Tech Fest](#) is open to any young person supported by a staff or volunteer who has completed a TechSpace training with Camara Ireland. All entries will be uploaded to this year's Creative Tech Fest Virtual Reality Gallery and celebrated during the Annual Awards Ceremony Broadcast which is held on the **28th of October**. In order to win prizes, you must choose your project category, create your project, and talk about your project. To find out more information, [CLICK HERE](#).



LGBT Ireland marks World Refugee Day 2021: [LGBT Ireland](#) presents a lunchtime webinar to launch a very special animation depicting the mental health challenges faced by LGBT+ people living in Direct Provision. The animation is made by members of the LGBT Ireland peer support group for people seeking international protection and is entitled 'Is Rainbow Muid'. The event will host a panel discussion: 'Is Rainbow Muid' members and animation contributors Njabulo and Edmir will share experiences and perspectives on what is needed to support LGBT+ people in Direct Provision to achieve and maintain better mental health. Jennifer Laing onsite psychologist in Baleskin Reception Centre, Finglas will share her perspective and overview also.

This event will be held on Monday the **21st of June at 12:30 pm**. For more information and to register for this event, please [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: [086 6063228](tel:0866063228) or
Laois Offaly CYPSC: [086 0487464](tel:0860487464)
www.cypsc.ie