

Information Bulletin – 21st May 2021

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](#).

Health and Wellbeing Podcasts – Midlands Area:

A series of health & wellbeing podcasts have been produced in the Midland counties with the most recent podcast for County Longford having just been launched in recent weeks. These podcasts capture a wide range of diverse and interesting conversations with a range of professional staff working across the Statutory, Community & Voluntary sector in the Midlands. Other guests include Author Stella O'Malley, Counsellor, and Psychotherapist, and Author John Lonergan, former Governor of Mountjoy Prison. These thought-provoking conversations give fascinating insights into the experience and knowledge gained by these staff working across communities. An example of topics include: [It takes a village](#), [Building Resilience](#), [Domestic Abuse](#), [Parenting](#), [It's Playtime](#), [Fear Less](#), [Sport & Youth Mental Health](#) and [The Modern Family](#), and many, many more! The podcasts have been created through a collaborative partnership with HSE Health Promotion & Improvement (Midlands Louth Meath CH0 8), HSE Resource Office of Suicide Prevention (Laois Offaly), Westmeath Community Development, Offaly Local Development Company, Laois Partnership Company, and Longford Community Resources clg. Please click on the Podcast logos to access the wide range of podcasts available.



'Relationships are Key' Online Programme:

Tusla has launched a new e-learning course to support parents and carers to form stronger and more positive relationships with their young children. 'Relationships are Key' offers reassurance and guidance for parents across seven modules. Sign up through this [LINK](#).



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First 5 COVID-19 Guidance for Parents: See #First5 updated webpage providing COVID-19 guidance for parents, service providers & childminders on the operation and use of Early Learning & Care (ELC) & School-Age Childcare (SAC) services by clicking the link [HERE](#). Guidance is based on the latest public health advice available from the Health Protection Surveillance Centre (HPSC) in the HSE, which has been approved by the Expert Advisory Group of the National Public Health Emergency Team (NPHE).

Let's Get Ready Campaign 2021: The Let's Get Ready 2021 Campaign was launched by the Department of Children, Equality, Disability, Integration and Youth on Friday the 14th of May to aid all children, young people, and their families in returning safely to their daily routine of attending creche, playschool, and/or primary school and most importantly, playing.

To find out more information on this campaign, please follow this [LINK](#).



First 5 Little Library: The minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman, T.D., and the minister for Rural and Community Development, Heather Humphreys, T.D., recently announced the roll-out of the First 5 Little Library Initiative.

The project aims to support the development of little libraries in early learning and care settings and encourage a love of books and reading among our youngest children. Under this initiative, more than 4,500 early learning and care settings are invited to collect free book bags and other resources from their local library all of which reopened on 10th May.

To find more information, [CLICK HERE](#).

Updated Covid-19 Guidance for Youth Work Organisations: For up to date Covid-19 guidance for Youth Work Organisations see the [Guidance for Youth Work Organisations](#) publication. This guidance has been prepared for youth services funded by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) and is prepared in the broader context of the [Government's Resilience & Recovery 2020-2021: Plan for Living with COVID-19](#), and the [Return to Work Safely Protocol](#).

This [guidance](#) should be read in conjunction with those documents, and any future Government advice in relation to COVID-19.

Public Health Information regarding Covid-19: As part of the [Resilience and Recovery 2020-2021: Plan for Living with COVID-19](#) new public health measures have come into place during the month of May. To read more about these new health measures and "The Path Ahead" [CLICK HERE](#).

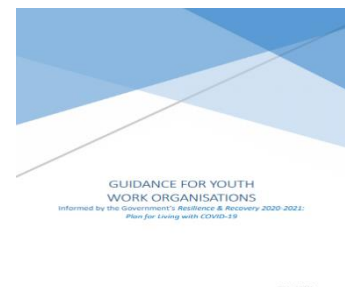
For the **most up to date information** and advice on Coronavirus, please see: **Department of Health DOH:** Covid 19 information and campaigns [CLICK HERE](#).

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



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Online Survey/ Consultations for completion/circulation:



National Youth Council of Ireland Survey: The NYCI is asking young people to voice their opinion on the topic “Space and Participation for All”. The NYCI would like to hear from young people regarding what public spaces they need. To gather this information the NYCI have provided an online survey which can be accessed [HERE](#).

The survey deadline is **15th June 2021**. To find out more information, [CLICK HERE](#).

Webinars/ Training/ Online Events:



ATHLONE FRC
Family Wellness Seminar
THE BENEFITS OF NATURE BASED PLAY IN CHILDHOOD
TUESDAY 22nd June
7:00 - 8:30pm

Seminar Discussion:
Visiting NI Nature and modern-day childhood. The benefits of being in nature for your child & you. How can nature reduce anxiety? Practical tips on how you can be in nature in a mindful way.

TO REGISTER PLEASE EMAIL: contactme@afrc.ie

Athlone Family Resource Centre Family Wellness Programme: The [Athlone FRC](#) Family Wellness programme continues to be rolled out over the coming weeks. This programme is supported by Longford Westmeath CYPSC and funded by Healthy Ireland. The Athlone Family Resource Centre are delighted to be collaborating with Play Therapist Cathy Daly for an upcoming seminar “*The Benefits of Nature-Based Play in Childhood*”. 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.

If you would like to register for this seminar, please email contactme@afrc.ie for details



TRIPLE P - FEAR LESS
Reducing Anxiety in Children

Anxiety Webinar

DATE: **Tue 29th June**
Time: **7.00pm - 9.00pm**

Portlaoise Education Centre in partnership with Triple P Programme are delivering a **Fear Less Webinar** which will offer Parents of children 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.

Parenting during the COVID-19 pandemic is a unique challenge for all parents, caregivers and families. Children and parents are anxious, and families are under pressure like never before. Being a parent to a child/teenager who is experiencing anxiety can be tough. Anxious children / teenagers can seek constant reassurance have outbursts of anger / frustration and can feel sick when worried.

Parenting has a crucial role to play in mitigating the potential long-term negative impacts of COVID-19 on children, particularly in relation to mental health.

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IF YOU WOULD LIKE TO JOIN THIS FREE WEBINAR
Register in advance for this webinar:
<https://zoom.us/join/register?pwd=00Y0009G4AGuWp0t11w>
After registering, you will receive a confirmation email containing information about joining the webinar.
All information is confidential and your identity or why identifying details will NOT be on screen.

Triple P – FEAR LESS Anxiety Webinar: Parenting during the COVID-19 pandemic is a unique challenge for all parents, caregivers, and families. Children and parents are anxious, and families are under pressure like never before. Being a parent to a child/teenager who is experiencing anxiety can be tough. Anxious children / teenagers can seek constant reassurance have outbursts of anger / frustration and can feel sick when worried.

Parenting has a crucial role to play in mitigating the potential long-term negative impacts of COVID-19 on children, particularly in relation to mental health.

Triple P Parenting Partnership are running a free FEAR LESS Anxiety webinar on **Tuesday, the 29th of June (7:00 pm – 9:00 pm)**, please [CLICK HERE](#) to register if you would like to attend.



Growing Up in Ireland: Two reports based on the Growing up in Ireland data has been launched, one on the 12th of May and the following report will be launched on the 31st of May. On the 31st of May, you can fill out a survey in relation to the ‘*The Dynamics of Child Poverty in Ireland: Evidence from the Growing Up in Ireland survey*’. This study profiles the long-term exposure to poverty during childhood and identifies the families most at risk of persistent poverty. It also examines the factors that trigger moves into and out of poverty and explores the consequences of poverty for children across a wide range of domains. The study draws on data from both cohorts of the Growing Up in Ireland study, covering children and young people’s lives from 9 months to 17 years. It will be launched by the Minister for Children, Equality, Diversity, Integration and Youth, Dr. Roderic O’Gorman, TD, at 10.30am on the 31st of May. To register for the event, [CLICK HERE](#). To get more information, visit the website by clicking [HERE](#).

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FOROIGE FUTURES
MAY/JUNE/JULY
Online Programme Of Groups & Activities
For Young People in
Longford/Leitrim/Westmeath

Transition Programme
This is a programme which offers supports to young people who are making the transition from National School To Secondary School.

Masterchef
Why not sign up to our online Masterchef Group. Get creative in the kitchen and make some master pieces to share with the family. Fun, interactive, creative group.

Taste The Arts
Explore different forms of the Arts: Arts, Craft, Creative Writing, Cartooning, Story Making, Arts, Drama, Music. Fun interactive Group to develop your creativity skills and have fun.

Soccer Skills
Foroige Futures is hoping to offer some soccer skills groups this summer. If you are interested in coming along please register your interest and we will be in touch with you.

Music Production
Get the opportunity to learn the basics in using Soundtraps. How to put together loops and layers music throughout the track. Great opportunity to learn a new skill and have lots of fun. (→ Soundtrap)

Music Instrument Group
Why not take the opportunity to learn a new skill and take part in either Guitar/Ukulele/Drumming Group. Get your hands dirty and learn to play an instrument.

The Foroige Futures Project: The Foróige Futures Project is rolling out a number of online programmes throughout the summer period which are available to new and existing club members in Counties Longford, Leitrim & Westmeath. Please note that all of these programmes are free of charge. These programmes include:

- **Transition Programme** – Aiding children from primary school transition smoothly into post-primary school. To book a place, [CLICK HERE](#).
- **Introduction to Music Production 7 Week Online Group** – Starting on the 26th of May. This fun and interactive group will give young people the opportunity to learn the basics in using Soundtrap, to sign up [CLICK HERE](#).
- **Group African Drumming/Group Ukulele/Group Guitar Online Group** – Starting on the 27th of May, for 6/8 weeks alongside Music Generation Longford. The group with the most interest (drumming/ukulele/guitar) will be rolled out. There is an opportunity to develop skills and enjoy an interactive fun session. Register your interest by [CLICKING HERE](#).
- **Taste of the Arts** – Starting on the 2nd of June. This online group looks at different aspects of the arts. Art itself, creative writing, cartooning, story making, drama and music. Register your interest by [CLICKING HERE](#).
- **Foroige Futures Masterchef** – This is a 7-week programme starting on the 7th of June. Young people aged 12+ years, will get the opportunity to take part in an interactive cookery/bakery workshop while developing culinary skills right from the comfort of their own home. [CLICK HERE](#) to register your interest.



You are invited to the launch of
Let's Grow Together!
INFANT & CHILDHOOD PARTNERSHIPS CLG

Friday 4 June 2021 - 11am to 12:30pm

Let's Grow Together! Infant & Childhood Partnerships CLG has evolved from the successful journey of the Young Knockreevery ABC Programme (YK) in operation in north west Cork city since 2015. Let's Grow Together! provides a new governance structure to oversee the long-term development and implementation of the unbreakable prevention and early intervention work previously implemented by YK.

This event will mark the launch of the company, the Let's Grow Together! Strategic Plan 2021-25 and The Many Voices of Let's Grow Together!

Launched by An Taoiseach Micheál Martin
Hosted by James Leonard and Timmy Long from The Two Norries Podcast
Keynote speech from leading expert at the Brazelton Institute, Boston Children's Hospital
Join us for this and more

To register for this event use the following link:
<https://www.eventbrite.ie/e/lets-grow-together-brand-launch-tickets-153459975919>



Let's Grow Together: Let's Grow Together! Infant & Childhood Partnerships CLG. is a prevention and early intervention programme. It supports early childhood development, relationships, and environments; to set the foundations for infant and child development, learning, wellbeing, quality of life and outcomes; and by doing so mitigating the intergenerational impact of child poverty.

The launch of the programme and the Let's Grow Together! Strategic Plan 2021-2025 will take place on Friday the 4th of June 2021 at 11:00 a.m. The launch will feature an address by An Taoiseach Micheál Martin T.D. and will be hosted by James and Timmy from the Two Norries Podcast. 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
contact the Coordinators at:
Longford Westmeath CYPSC: [086 6063228](tel:0866063228) or
Laois Offaly CYPSC: [086 0487464](tel:0860487464)
www.cypsc.ie