

Information Bulletin – 23rd April 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

There are a wide range of resources available from your **local library** and on their social media platforms, click on your county library for further details:

[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#), and also you can check out the [Libraries Ireland website](#) for a wide range of resources and **Keep Well programmes**

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](#)

Active School Week: As part of the governments Keep Well initiative, a campaign promoting active wellbeing in school communities will take place all next week. Active School Week (#ASW21) will run from the 26th to the 30th April.

While being active during the pandemic is difficult, #ASW21 encourages schools and homes to work together to ensure that children and young people get in as many active minutes as possible throughout their day. To learn more on how to get involved, [CLICK HERE](#) and be sure to promote using the hashtag #ASW21

What Works Funding: The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, T.D. has recently announced new funding schemes worth €800,000 as part of the What Works initiative. There will be **two funding schemes**, the [Learning Together Fund](#) which aims to support professionals working with children, youth, and family services with their learning requirements, peer interaction, project collaborations and knowledge dissemination and the [Children and Youth Digital Solutions Fund](#) which is aimed to support staff, expand the use of technology within communities and voluntary organisations working with children, young people, and families.

Applications for the Learning Together fund must be submitted by **9:00am, Monday 10th**

May 2021 by email only to whatworks@equality.gov.ie

Applications for the Children and Youth Digital Solutions Fund must be made to Rethink Ireland via the [online application form](#), all applications must be submitted by **5pm, Monday 17th May 2021**. For more information on both Funding Schemes [CLICK HERE](#).

Counselling Services



Athlone Family Resource Centre – Counselling Services: Athlone FRC would like to highlight that there is availability in their adult counselling services within their centre. These services are available on **Monday 6:30 – 7:30 p.m., Wednesday 4:00 – 5:00 p.m. and Thursday 7:00 – 8:00 p.m.** For further details please contact [085 251 2224](tel:0852512224) or email contactme@afrc.ie. [Click Here](#) for additional updates and information on the Athlone FRC Facebook page.



We currently have availability to access counselling services on the following days and times:

Monday	6:30 – 7:30pm
Wednesday	4:00 – 5:00pm
Thursday	7:00 – 8:00pm

The adult counselling services is subsidised by Tusla funding and may be made available for free or at a subsidised rate depending on means.

TUSLA
An tSeirbhís tacaíochta le hÉireann agus na Fraincís
Child and Family Agency

If you would like to access our counselling support services please contact [085-2512224](tel:0852512224) or email contactme@afrc.ie.

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Webwise – Online Safety Resources for Parents: [Webwise](#) provides many internet safety guidelines, resources, and tools for parents. 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](#).



FREE HSE resources for Parents – Sexual Health and Relationships: Free HSE resources to support conversations between parents and children about relationships and healthy sexuality development are available for parents both to download online and also to order. These resources are aimed at supporting parents in making the 'Big Talk' many small talks.

For further details on the resources available to download or to order resources [CLICK HERE](#) (Multiple hard copies available to order for Child and Youth Services)



Mental Health Support Online: A HSE Connected for Life initiative, Turn2me provides a safe, anonymous, and confidential space for young people and adults seeking support with their mental health and wellbeing through counselling online, instant chat support groups and 24/7 peer support. Turn2me is a community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous, and confidential space for those who require support through challenging times. For full details on the turn2me service, [CLICK HERE](#) for more information.



Feed Your Family: This website is an excellent resource full of healthy home cooked food recipes which are easy to make while on a budget! There are many meal ideas on a budget provided and tips when it comes to nutritious food. For more information you can visit the Feed Your Family social media platforms by clicking on the following links [Facebook](#), [Twitter](#), [Pinterest](#), and [Instagram](#) or to visit the Feed Your Family website, [click here](#).



Public Health Information regarding Covid-19: Ireland are currently on [Level 5](#) of the [Resilience and Recovery 2020-2021: Plan for Living with COVID-19](#)

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 straight from young people what public spaces they need, to do this, the NYCI have provided an online survey which can be accessed [HERE](#). This survey has a deadline of the **15th June 2021**. To find out more information, [CLICK HERE](#).

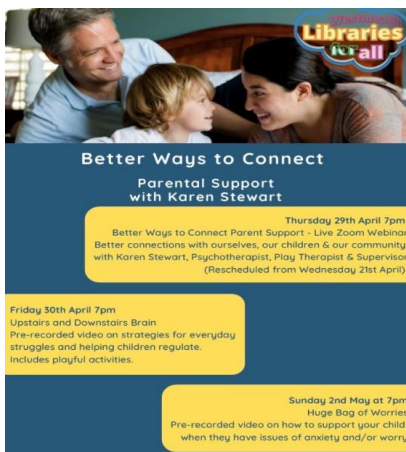


Climate Conversation - Climate Action Plan 2021: The Department of the Environment, Climate and Communications have created an online Climate Conversations platform, to allow you to share your views on the government’s climate action plan and how it can support you to act. Everyone’s view is appreciated, the [Climate Jargon Buster](#) may be useful to you in developing an opinion, it gives simple climate action explanations and terms. Ireland’s Climate Action Plan wants to make Ireland a climate neutral economy and a resilient society by the year 2050. For more information and to give your say, [CLICK HERE](#). This platform will close on the **18th of May 2021**.

Webinars/ Training/ Online Events:



Future Planning for Young People with Intellectual Disability, A Post School Options, Final Webinar: The final of the Future Planning for Young People with Intellectual Disability, Post School Options webinar series hosted by Inclusion Ireland, in collaboration with Laois Offaly CYPSC, and funded by Healthy Ireland, will take place on **Tuesday 27th April**, and is entitled “Community Supports”. In this series [Muiriosa Foundation](#), a HSE Service, will present on the policy of [New Directions](#) for a person living in community and Avril Webster, a parent, and active in the newly formed [Inclusive Living Network](#), will speak about an alternative vision for life in the community. To register for the event [CLICK HERE](#) Please submit questions prior to the event to Petria Malone petria@inclusionireland.ie or phone 086-837345. For further information on Inclusion Ireland, [click here](#) or explore membership [here](#).



Westmeath Libraries Better Ways to Connect Parent Support Programme: Westmeath Libraries have a new programme of events and supports under their ‘Westmeath Libraries for All’ initiative, under which they are developing a variety of supports for families. A series of Webinars and videos with advice and support around topics such as parenting during the pandemic, managing children's emotions, play and the importance of connection will be delivered over the coming weeks by Psychotherapist Karen Stewart. A webinar entitled Better Ways to Connect Parent Support will be held on **Thursday 29th April at 7pm**, to register for the event [CLICK HERE](#)

Pre-recorded video sessions by Karen on strategies for every day worries will also be available on the following dates on the [Westmeath Libraries Facebook Page](#)
Friday 30th April 7pm: Upstairs and Downstairs Brain

Sunday 2nd May 7pm: Huge Bag of Worries

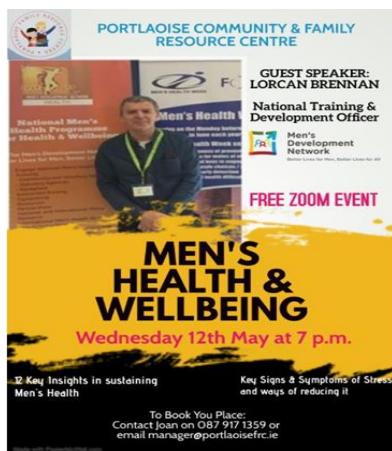


Designing for Cruinniú: [Westmeath Libraries](#) have partnered with [Whizzkids](#) for Cruinniú na nÓg, the national festival which celebrates creativity in young people. Starting Thursday 29th April at 4.30pm, this is a FREE five week course which introduces young people to the world of Graphic Design using Inkscape. As part of the course, participants will be asked to design a piece of artwork which will be displayed on the whizzkids website on Saturday 12th June. So why not show what Westmeath can design for Cruinniú na nÓg! The course is suitable for 12 – 14 year olds and registration is via Eventbrite. [CLICK HERE](#) for details



The Creative Youth Conference 2021: This event is examining the impact of the Creative Youth Plan since its publication in 2017 and to discuss its future direction. The main event “Creativity – The Connection to our Future, Now” will be held **on Thursday the 13th of May**. The event will be opened by Taoiseach Micheál Martin, and include addresses from the Minister for Tourism, Culture, Arts, Gaeltacht, Sport & Media, the Minister for Education and the Minister for Children, Equality, Disability, Integration & Youth. There are also many other speakers on the day.

To get access and register for this event, and for more information please [CLICK HERE](#).



Portlaoise Community & Family Resource Centre – Men’s Health & Wellbeing Event: The Portlaoise Community and Family Resource Centre is holding a free zoom event for men’s health and wellbeing on **Wednesday the 12th of May and 7 p.m.** Guest speaker Lorcan Brennan, a national training and development officer from [Men’s Development Network](#) is speaking at the event giving key insights in sustaining men’s health, key signs and symptoms of stress and ways to reduce it. The Men’s Development Network aims to work with men to identify issues and come up with solutions and achieve beneficial change in society. This organisation works with men on many different levels, through one-to-ones, developmental, parenting, behaviour change group work, training, phone line support and awareness raising. The key focus is to promote change and have equality within society. To book your place for this event, contact Joan on 087 917 1359 or email manager@portlaoisefrc.ie.

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