

## 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](#)

## Launch of the 'Guide to Services for Young People with Disabilities in Longford Westmeath':

The updated Guide to Services for Young People with Disabilities in Longford Westmeath was launched earlier this week. The third edition of this guide was compiled by Westmeath County Childcare Committee CLG and Longford County Childcare Committee in collaboration with the LW CYPSC Early Years Learning subgroup and LW CYPSC member organisations. It is "a collaboration in the truest of senses" and is filled with information for both parents and professionals alike and enables them to find resources and support at a local, regional and national level. To download the FREE Guide [CLICK HERE](#)



## ART THERAPY

can help you communicate what is sometimes difficult to put into words...



Support is available if you are feeling overwhelmed or down about:

- School
- Work
- College
- Friendships
- Relationships
- Sexual Identity
- Confidence

**LET IT ALL OUT**  
No art experience is necessary  
Sessions are confidential  
To find out more about our art therapy sessions call 057 866 5010 or email [clive@ywilaois.com](mailto:clive@ywilaois.com)

**Youth Work Ireland Laois – Art Therapy Sessions:** A new art therapy service for young people is available two days per week in Youth Work Ireland Laois. Art therapy can help young people communicate what is sometimes difficult to put into words. No art experience is necessary and all sessions are confidential.

To find out more about this Art Therapy service contact YWI Laois at 057 866 5010 or email [clive@ywilaois.com](mailto:clive@ywilaois.com)

**Keep Active with Sport Ireland:** Being active together as a family is a great way to spend some quality time together and helps your kids to achieve their recommended 60 minutes of activity per day. Sport Ireland have some great ideas for the whole family including a

[Keep Well Family Fitness Series](#), a [Keep Well Video Series for Children with Autism](#), a

[Keep Well Video Series for new mums](#) and lots more. For further details and ideas on keeping active [CLICK HERE](#)



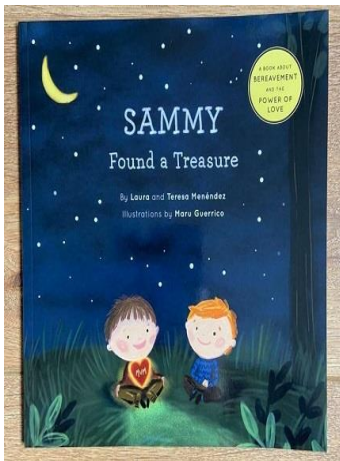
**First 5 Little Library:** The Little Library Initiative aims to develop a consistent link between early learning and care service and their local library to encourage a love of books and reading among young children. The project is a collaboration between the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), the Department of Rural and Community Development (DRCD) and the Local Government Management Agency (LGMA). All early learning & care settings who have not yet received a First5 Little Library book bag are encouraged to head to your **local library** to collect it. For further details [CLICK HERE](#)



## Information Bulletin – 24<sup>th</sup> Sept 2021

**Sammy Found a Treasure – Bereavement resources for children:** Sammy Found a Treasure is a children's book about bereavement and the power of love, written by Laura and Teresa Menéndez, and illustrated by Maru Guerrico. The book was born from an experience of grief in their family and seeks to accompany children who have experienced the death of someone they love, but also aims to be a tool to enrich the emotional world of all children in relation to a topic that is usually taboo, until it passes close to home. It tells the story of a young boy, Sammy, whose mum has died but left a very special present for him, which will help him in the process of healing his heart. Before she died, she gathered all her strength and wrote her name in Sammy's heart. She loved him so much that her love became imprinted in him forever. This present will accompany him always and is so valuable that Sammy wants to share it with other children that, like him, have also lost a beloved one.

The Sammy Found a Treasure website contains information on child bereavement, reading guides, activities, and resources as well as a free reading of the book which can be accessed [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](#)



### 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](#).



### 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/ winter. 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. To find out dates for the Start from the Heart Programme in your area, contact your local Family Resource Centre:

[Athlone FRC](#) - 085 251 2224

[Lus na Greine, Granard](#) – 043 666 0977

[Cara Phort, Ballinacarrigy](#) - 044 937 3060

[Bridgeways, Ballymahon](#) – 090 643 2691



SAVE THE DATES:  
WEDNESDAY'S WEBINARS 22<sup>nd</sup> SEPT. - OCT 27<sup>th</sup>  
FOR 6 WEEKS, 11-12 NOON WEEKLY ON ZOOM



Date	Topic	Speakers
Wednesday 22 <sup>nd</sup> September	Life on 'The Spectrum'	Laura & Aislinn Derrane in conversation with Anne Marie Kelly
Wednesday 29 <sup>th</sup> September	Assessment and Diagnostic Process	Dr. Pádraig Hughes
Wednesday 6 <sup>th</sup> October	Getting your child school ready	Ms. Sharon Grindle
Wednesday 13 <sup>th</sup> October	Theory of mind & Context blindness in ASD	Dr. Peter Vermeulen
Wednesday 20 <sup>th</sup> October	Parents experience and what is available in the community in Laois & Offaly	Local Parents Phyllis Therese Lacey & Offaly Library Staff
Wednesday 27 <sup>th</sup> October	Food aversion and ARFID (Avoidant, Restrictive, Food Intake Disorder)	Dr. Gillian Haran in conversation with Mairéad Kelly

- 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](mailto:thespectrumseries1@gmail.com)

Registration link for Zoom coming soon

**The Spectrum Series:** A six-week series of webinars on the Autism Spectrum Disorder (ASD) organised by Laois Offaly CYPSC Learning and Development Subgroup and funded by Healthy Ireland commenced on the 22<sup>nd</sup> September 2021. This series aims to build the 'autism toolkit' for people on the spectrum, parents, families, and professionals. The remaining five webinars will take place on the following dates:


29<sup>th</sup> Sept - Assessment & Diagnostic Process

6<sup>th</sup> Oct - Getting your child school ready

13<sup>th</sup> Oct - Theory of mind & context blindness in ASD


20<sup>th</sup> Oct - Parents experience and what is available in the Laois & Offaly communities

27<sup>th</sup> Oct – Food aversion & ARFID (Avoidant, Restrictive, Food Intake Disorder) For further details and registration contact – [thespectrumseries1@gmail.com](mailto:thespectrumseries1@gmail.com)



**Sibshop Workshop for ages 8-12**

Friday, October 1<sup>st</sup>  
4.00pm-5.30pm



**Sensory Offaly Webinar Series 2021:** The [Sensory Offaly Webinar Series](#) has been organised by Offaly Libraries as part of their larger Sensory Offaly programme, with support from Laois Offaly CYPSC and Healthy Ireland. This online programme aims to support people in challenges they and their families may face due to disability and/or learning differences. It is free of charge to all attendees including parents, children, young adults, teachers, carers and SNAs. The series will run from the 1<sup>st</sup> October until the 25<sup>th</sup> November and advance booking is required. Book your place on [Eventbrite](#).



**Understanding Trauma & Building Resilience Conference**

THURSDAY 14<sup>th</sup> OCTOBER  
9:30am - 3:30pm

Speakers:  
Sharon Martin  
Heide McLaughlin & Marie Blaney  
Kevin Farrell  
Jacqueline Connolly  
Deirdre Aileen Garvey  
Ailbhe Rouan

**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 **14<sup>th</sup> 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)



Offaly & Laois Libraries present

Separation Anxiety: Helping your child return to school with Helen Vaughan

Psychologist, Maynooth Counselling

Wednesday 22<sup>nd</sup> September 7.30pm on Zoom

Register for free on Eventbrite at @OffalyLibraries

**Offaly & Laois Libraries Parenting Support Programme: Autumn Webinar Series 2021:** Offaly Libraries together with Laois Libraries are delighted to present a series of online talks and workshops for parents. Supported by the Dormant Accounts Fund, this [Parenting Support Programme](#) invites experts to discuss a broad range of parenting topics currently impacting our children. Subjects covered will include mental health, internet safety, anxiety, nutrition, sexual health, behaviour, sleep patterns and toilet training. The [series](#) will run from mid-September until the end of November and includes a variety of interesting and well-known speakers including Dr David Coleman, Dr Mary O’Kane and Sarah Sproule. Events will be hosted on zoom and attendance is free of charge. Bookings can be made on Offaly Libraries [Eventbrite](#) page and full details are available on their [website](#) and [social media channels](#)

'Parenting Today' 2021 Series  
"How to help anxious children return to school"

Presented by Dr. Malie Coyne  
Clinical psychologist & author "Love in, love out"  
www.drmaliecoyne.ie

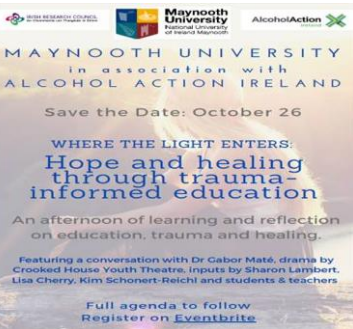


**Back to School Anxiety – Parenting Today Online Talk:** Wexford CYPSC and Wexford Public Library Service recently hosted a FREE online talk on how to support your child or teenager as they return to school. The talk presented by Dr Malie Coyne Senior Clinical Psychologist & Author, is available to watch on the Wexford Library YouTube Channel [HERE](#)

Dr. Coyne speaks about the anxiety children face in returning to school, and she shares practical suggestions using her SAFE compassionate approach from her critically acclaimed book 'Love In Love Out'.

**Hope and Healing through Trauma – Informed Education:** Maynooth University Department of Education is hosting an online festival on Trauma-Informed Education, on **Oct 26th, 2021**, in collaboration with Alcohol Action Ireland and supported by the Irish Research Council **The event is free** and will feature a conversation with world renowned trauma expert, Dr Gabor Mate, drama from Crooked House Youth Theatre, contributions from Dr Sharon Lambert, Lisa Cherry, Professor Kimberly Schonert-Reichl, Experts by Experience, teachers, and students. Further details of the event, with full schedule to be announced.

To register for the event [CLICK HERE](#)



**Webwise Online Safety in the Classroom Webinars for Primary and Post-Primary Teachers:** Webwise, the Irish internet safety awareness centre, are hosting a series of FREE evening webinars for primary and post-primary teachers exploring a range of topics including cyberbullying, image-sharing and false information. The Webwise Teacher Series aims to provide helpful information, advice, guidance and resources to assist the introduction of online safety into the classroom. The series will be supported by experts in the area of digital technology, SPHE, Academics and legal experts. For further information [CLICK HERE](#)



**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](#).



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](mailto:grainne.reid@tusla.ie) or

Laois Offaly CYPSC: [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie)

[www.cypsc.ie](http://www.cypsc.ie)