

General Information/ Updates:



An Roinn Leanáí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth

Department of Children, Equality, Disability, Integration and Youth

(DCEDIY) Press Release: The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, T.D., earlier this week, launched a public consultation on the development of a **National Model of Parenting Support Services**.

The consultation will be open until **16th April 2021**.

The aim of the model is to develop a **more coherent and strategic approach to the development and delivery of parenting support services** so that all parents can access the support they need when they need it.

Minister O’Gorman said: “I am delighted to announce the details for this public consultation on the development of a national model of parenting support services. The aim of this consultation is to gather a wide range of thoughts and ideas on improving parenting support services for all parents. This provides an important opportunity for anyone with an interest in parenting supports, from parents to service providers, to help shape the future of service development and delivery”. For further information and to participate in the consultation, please see [CLICK HERE](#)

Consultation on National Model of Parenting Support Services

A collaborative working group set up by the Department of Children, Equality, Disability, Integration and Youth is currently developing a draft national model of parenting support services.

As part of this work the group would like to hear from a wide range of stakeholders with an interest in parenting supports. This includes parents, providers of parenting supports and others working with children and families.

The aim of this consultation is to gather thoughts and ideas on improving the development and delivery of parenting support services for all parents



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Department of Children, Equality, Disability, Integration and Youth

Keep Well In Your Community: To keep up to date on the cross-government community resilience campaign, including guidelines, information and tips 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 an extensive collection from across the country, of free online resources, find out about children's programmes, reading tips and information on services to primary and secondary schools

For a list of **Contact Details for Children, Youth and Family Services in Longford and Westmeath** [CLICK HERE](#) and in **Laois and Offaly**, [CLICK HERE](#)

Grow it Forward: As part of the [Healthy Ireland](#) #KeepWell campaign, [Grow it Yourself Ireland Ltd](#) in partnership with [Libraries Ireland](#) have launched a Grow it Forward initiative. The aim of this national programme is to help half a million people #KeepWell by growing their own food.

In partnership with Healthy Ireland and Libraries Ireland through the Government of Ireland’s Keep Well initiative, GIY are giving away 50,000 free seed packs and asking participants to use them to share the experience with 10 people. In all, they aim to support half a million people across Ireland to enjoy the wide range of benefits that come from growing food at home. For further details on how you can #GrowitForward and to claim your free food growing kit [CLICK HERE](#).



Riannas na hÉireann
Government of Ireland



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"The COVID Word" Online Campaign: A social media campaign #TheCovidWord created in collaboration with young people from South Dublin, Sligo and Leitrim and in a partnership between Foróige and Children and Young People's Services Committees (CYPSC) concludes this week. The campaign highlights how, no two Covid-19 lived experiences are the same; we all have to navigate in uncharted emotional terrain - without a compass. In this uncertainty, it helps simply knowing you're not alone. There is immense power in peer community support - to cope through tough times, and make good times even brighter. While young people need our support, they also possess their

own hopeful power and wisdom. As experts in their own lives this campaign **uncovers and shares their thoughts and ideas**. Through youth voices, this campaign **by young people for young people** helps acknowledge and manage losses while recognising personal power to live well through current circumstances and boost individual and collective resilience in 2021. The messages delivered through this campaign and the look and feel of the campaign were developed by Ireland's young people during workshops carried out by Foróige youth workers on behalf of Sligo Leitrim CYPSC and South Dublin CYPSC. We invite all to share, like and re-share the campaign and spread the message of youthful resilience on Instagram, Tik Tok, Twitter and Facebook by sharing #TheCovidWord. Click on the link to share this week's tweet [Talk about your fears](#) For further information on The COVID word campaign [CLICK HERE](#)



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE National Lottery Funding Grants 2021: Applications are now being invited by the HSE for National Lottery Funding Grants.

This funding is distributed by the HSE each year to community based groups and voluntary organisations under the Respite Care Grant Scheme and the National Lottery Grant Scheme. Groups and organisations involved in the provision of Health and Personal Social Services can apply for once off funding of between €500 and €10,000 for suitable projects. Note that public bodies including the HSE are not eligible to apply for this funding. All of the information required, including the application form, is available on www.hse.ie/lotterygrants Closing Date for Applications is 12 noon on Friday 16th April 2021. Applicants will be advised as to the outcome of their application by 30th July 2021.

Artist and Youth Work Residency Scheme: Do you have a good idea for a youth arts project in your youth group but require the funding to work with an artist? Applications are now invited to support innovative partnerships involving artists in residence in youth work settings and/or youth groups in residence in arts settings commencing mid- June 2021. The scheme is managed by the National Youth Council of Ireland on behalf of the Arts Council and the Department of Children, Equality, Disability, Integration and Youth. Apply now for the Youth Arts Explorer Grant €1500 or Youth Arts Full Grant €5000 - The 2021 Artist and Youth Work Residency Grant Scheme is now open for applications! [CLICK HERE](#) for further details.

Music Generation Longford Early Years Programme – Competition: The Music Generation Longford Early Years Programme, commenced on Monday 15th March 2021. This programme is being delivered by Music Generation in partnership with Longford County Childcare Committee, supported by Longford Westmeath CYPSC funded through the **Healthy Ireland Community Resilience Fund**. The programme commenced last week with the delivery of Longford Music Generation teddy bears to the 11 participating Childcare Facilities across County Longford! All of the Music Generation Longford teddy bears are gone to their new homes in childcare facilities across Longford but there is one last lonely bear looking for a new home -

Danny! **Music Generation Longford are inviting children across County Longford to enter their raffle to win 'Danny' the bear!** If you would like to give Danny Bear a new forever home and you are residing in Co. Longford, then all you have to do is **write a story or draw a picture about your favourite song or instrument** and send it to Music Generation by email, post or DM on Facebook or Instagram! All entries will receive a Music Generation Longford tote bag and everyone will be submitted into a raffle for Danny the bear! [CLICK HERE](#) for further details! Competition is **open until April 9th 2021** giving you lots of time over the Easter break to get creative! Danny is the last lonely bear looking for a home with one of the children in the county, wishing all the children in Longford the very best of luck 🐻



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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

Webinars/ Training/ Online Events:

Nurturing Resilience for Children and Parents – Dr Malie Coyne Online

Workshop: [Lus na Greine](#) Family Resource Centre are hosting a one hour online workshop with Dr. Malie Coyne, Clinical Psychologist, **on Tuesday evening 30th March 2021**. This presentation is part of the LW CYPSC Family Wellness Programme which is being delivered to families across Counties Longford and Westmeath, funded by Healthy Ireland. We recognise that supporting family wellness can be difficult during challenging times. This workshop is open to all **parents, grandparents, carers and families in the Midlands area, (Counties Longford, Westmeath, Laois and Offaly)**. Places are however limited, and early booking is essential. For further information and for bookings contact Lus na Greine FRC by

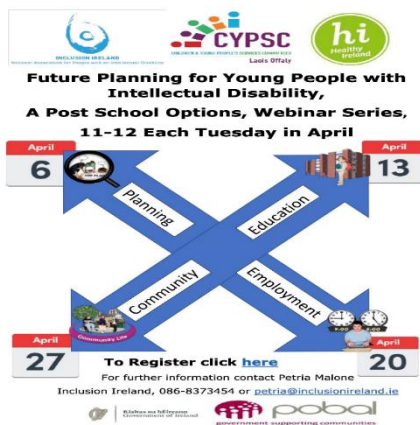
emailing Michaela at hif@lngfrc.ie or phoning the centre on 043 6660977



Future Planning for Young People with Intellectual Disability, A Post School Options, Webinar Series: [Inclusion Ireland](#),

in collaboration with Laois Offaly CYPSC, funded by Healthy Ireland, are hosting a series of webinars each Tuesday in April, commencing on 6th April from 11am – 12pm. This webinar series entitled “Future Planning for Young People with Intellectual Disability, A Post School Options”, is aimed at those experiencing intellectual disability, their family members, people who support individuals, or key professionals. Topics covered include: **April 6th, Decision Making**

Alison Doyle from [Caerus Education](#) will present an overview on post school options in Ireland.



April 13th, Education

- Des Aston from the [Trinity Centre for People with Intellectual Disability](#) will present on third level options.
- Speakers from five of the programs from the [Inclusive National Higher Education Forum](#) will also present.

April 20th, Employment

- Marie Devitt from the [Trinity Centre for People with Intellectual Disability](#) will present on the Pathways to Employment Programme and a student will share his experience.
- Des Henry from [WALK](#) will present on employment and training options and students will speak to their experience.

April 27th, Community Supports

- The [Muiriosa Foundation](#), a HSE Service, will present on the policy of [New Directions](#) for a person living in community.
- 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 this Webinar Series [CLICK HERE](#) Any queries regarding the event can be sent to Petria Malone, petria@inclusionireland.ie, or phone 086-8373454



Enchanted Croi - Theatre Building and Performance Workshops (7-9yrs and 10 – 12years): [Athlone Family Resource Centre](#) in collaboration with [Enchanted Croi Theatre Company](#) are delivering two 2-day Theatre Building and Performance Workshops - Easter Programme for children aged 7-9years and 10 – 12 years of age. These workshops will take place on **Thursday 1st April and Friday 2nd April**. During the two days, children will enjoy a range of theatre based games to help them connect with their imagination and acting abilities. The children will also create their very own miniature theatre setting using a variety of craft materials as well as develop skills in creative writing, scene development and character development. Each child will also have the opportunity to bring their created Theatre scene and Characters to life through

individual performances.

Places are limited for these workshops, to book a place on the programme, please email familysupport@afrc.ie or [CLICK HERE](#) for further details



foróige
Kind Campaign
WITH
LAUREN PAUL
&
MOLLY THOMPSON
Kind Campaign Virtual Founders Assembly
Friday April 23rd
@ 4pm
1st time in Ireland
Kind Campaign serves as the premiere anti-bullying movement for girls and has impacted millions of individuals world wide
For more information contact Jo on 086 0753258

Kind Campaign Virtual Founders Assembly: Foróige are pleased to announce that the World famous [Kind Campaign](#) seminar founders, Lauren Paul and Molly Thompson are coming to Ireland for the first time ever this April.

The celebrity duo have dedicated their careers and time to educate young women on girl-on-girl bullying!


The Kind Campaign Virtual Founders workshop, funded by Healthy Ireland, will **take place on 23rd of April from 4-6pm** and is open to **ANY girl aged 12-18 years**

This includes both, Foróige members and non members!

To register and participate in this once in the life time opportunity, please [CLICK HERE](#)

Please note, spaces are limited, and early booking is advised!

For more information on the event you can contact Jo on 086 0753258



The Freedom Programme
never give up
ODVSS
FREEDOM PROGRAMME
To Book Contact
0579351886
Thursday 15th April
11.30 - 1.00 p.m.
Jacky Fleming

ODVSS – The Freedom Programme: Offaly Domestic Violence Support Services are delighted to run their first Freedom Programme which explores the tactics used by the perpetrator. This online course is suitable for victims/survivors of domestic violence and abuse, along with front line staff who engage with victims/survivors. The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed. **The first programme is scheduled online for Thursday 15th April from 11.00 a.m. to 1.00 p.m.** For information and booking contact 0579351886 or email supportwork@odvss.ie Referrals also taken.

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HSE Health and Wellbeing Positive Psychology and Happiness

webinar: As we continue to adapt our lifestyles to deal with COVID-19 and face difficult challenges HSE Health and Wellbeing are taking the opportunity to share some tips on how to build happiness into your life using positive psychology. Positive psychology focuses on the positive events and influences in life. This webinar will take place on 31st March 2pm – 3pm. To register [CLICK HERE](#). Building on our focus of Minding your Wellbeing, guest speaker Paula King, Psychologist will

- Discuss the importance of creating meaning in our lives and living a life of purpose
- Look at the studies carried out on optimists and pessimists and creating hope in our todays and our tomorrows
- Explore the concept of compassion in particular self-compassion
- Look at creating a personal 'Happiness Life Guide'

A new video-based mental wellbeing programme called Minding Your Wellbeing is now freely accessible [HERE](#) This programme aims to provide simple tools and guidance to develop and maintain a positive outlook by looking after our mental health and wellbeing. Brought to you by HSE Health and Wellbeing, this evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience

Barnardos Online Safety Webinar for Parents: Barnardos are hosting a free webinar for parents on online safety which will be run a number of times over the coming weeks. This **45 minute session** will give parents practical tips that will help them keep their children safe & resilient online.

The remaining dates for this webinar are : Tues 13th April, Wed 28th April, Wed 12th May, and Tues 25th May [CLICK HERE](#) for more details including how to register



FREE Webinar on Online Safety for Parents
Delivered Live By a Barnardos Online Safety Trainer

Webinar Dates & Times

Tues 9th March @ 7.30pm
Wed 24th March @ 1pm
Tues 13th April @ 7pm
Wed 28th April @ 7pm
Wed 12th May @ 1pm
Tues 25th May @ 7.30pm

Register your place:
www.bitly/osp-parents

Registered charity number: 20010927



A Webinar About Digital Wellbeing & Screen Time

30th March 2021 | 10am-12pm



Barnardos 'Plugged In Switched Off' Webinar: Barnardos are facilitating a webinar entitled 'Plugged In Switched Off' on **30th March 2021, 10am – 12pm**. The webinar is aimed at both Parents and Professionals working with Children and Young People and the aim of the webinar is to empower parents and professionals with tools and strategies to help manage children's Screen Time and Digital Wellbeing, as well as to discuss and learn from one other in break out workshops based on different themes.

For further details and to register for this event, please [CLICK HERE](#)



Family In Mind Programme: The [Childhood Development Initiative](#) supported by South Dublin CYPSC, are running a four day FREE online event, with a multitude of online workshops and activities which **promotes and supports family resilience**. These free events including such workshops as Cooking Class, Dad Time, Let's look at books, Smartphone film making for Teens, Rock Art, Becoming a Parent and many more, will run from **Monday 29th March until Thursday 1st April**. For further details on the #FamilyInMind programme and for registration for the various workshops [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 or

Laois Offaly CYPSC: niamh.dowler@tusla.ie

www.cypsc.ie