

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](#)



Back to school advice for parents and children: As we prepare for the safe return of children and young people to School, the Department of Education have developed guidance and videos with some back to school advice for parents and children attending primary and post primary school. Parents/ Guardians are encouraged to watch these videos with their child(ren) before they return to school. The videos also contain ISL interpretation. To access these videos, information, and other resources [CLICK HERE](#)



Let's Get Ready: The Let's Get Ready campaign by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) aims to support parents & children and help them know what to expect when they start pre-school, crèche or go to a childminder.

To view the Let's Get Ready video [CLICK HERE](#) or for further information [CLICK HERE](#)



Moving to Primary School: Moving from preschool to primary school is an important and exciting time for children and their families. [Mo Scéal: Moving from preschool to primary school 2021](#) helps parents / guardians to share useful information about their child's learning and development with the teacher of junior infants. There are lots of activities that parents / guardians can do to support their child as they get ready to begin junior infants. For further details [CLICK HERE](#)



Back to School – Healthy Lunchbox Tips: Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them. [SafeFood](#) supported by the HSE and Healthy Ireland have prepared some helpful tips on how to prepare a healthy lunchbox for pre-school and primary school children.

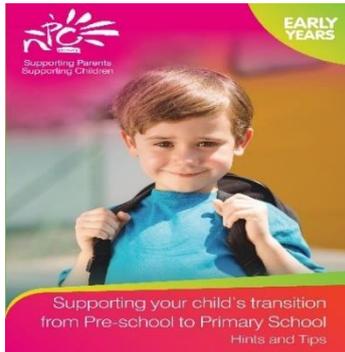
[CLICK HERE](#) to download



Better Start AIM Social Story – Transition into Early Learning and Care Settings:

Better Start AIM has developed a Social Story™ to support children's transition back into Early Learning and Care settings. These resources are for settings to use with children and families to help support a smooth transition back to pre-school. Better Start have a tip sheet and two stories to help Pre Schools to develop Social Stories™ for their individual setting.

Check out the Resources section of the Better Start website for more information [HERE](#)



National Parents Council Primary - Supporting your child's transition

from Pre-school to Primary School: NPC Primary Supporting Parents Supporting Children have produced a Hints and Tips document to support a child's transition from Pre-school to Primary School. Topics included in the document are:

- Social Development
- Language and Literacy
- Independence
- Uniform
- School Routine

For further details and to download this resource please [CLICK HERE](#)



Jigsaw School transition toolkit - primary to post-primary: Jigsaw has developed a toolkit for primary schools to support teachers to prepare young people for the transition to post-primary school. They have incorporated strategies in a number of engaging resources with a mix of methodologies including classroom discussions, animations, scenarios, reflective exercises and worksheets.

Jigsaw's school transition toolkit is supported by Rethink Ireland through the Innovate Together Fund, a collaboration between Rethink Ireland and the Department of Rural and Community Development. 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 these measures [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](#)

COVID-19 Vaccination Programme info [CLICK HERE](#)

Ireland's COVID-19 Data Hub is available [HERE](#)

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

Online Survey/ Consultations for completion/circulation:

Cycling Ireland – Young People Survey: [Cycling Ireland](#) Youth Commission and [Street Games](#) are working together to understand more closely what young people across the island of Ireland think and feel about cycling and how we can encourage more young people to get on their bikes in the future. Cycling Ireland would greatly appreciate your support in helping to get the word out there to the young people, if you can please share the survey link which can be found [HERE](#) or the QR code on the right so as to reach as many young people as possible. The information gathered will be used to draw down future funding to be invested in the design programmes that relate specifically to the young people's responses.





Our Voices: Looking Beyond Borders: The Northern Ireland Youth Forum (NIYF) supported by DCEDIY and Youth Work Ireland is conducting a youth led action research project to explore topical issues for young people including identity, culture and covid-19. This research will focus on gathering **the views of young people aged between 11 and 25** across the island of Ireland (NI and ROI). The findings from the survey will be used to inform a report which will outline key issues, views and perspectives as identified by young people. This will also be used to highlight the views of young people as we look to the future and recovery from the Covid-19 pandemic. We aim to *Speak Truth to Power* and will use this research to do so. The survey should take **approximately 10 minutes** and all participants will be entered into a draw for a chance to win one of 2 **£50 Amazon Vouchers**. To complete the survey [CLICK HERE](#)

NDA Public Consultation on effective engagement with people with disabilities:

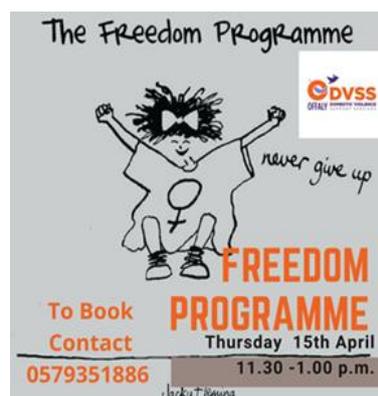
The National Disability Authority (NDA) Ireland are conducting a public consultation & want to hear from you in relation to engaging people with disabilities and including children & young people with disabilities, in policy development and consultation processes. The NDA are accepting submissions by email, post or by video where you speak or sign your views. For further information on how to share your views [CLICK HERE](#)



Webinars/ Training/ Online Events:



Yes Project Sexual Health Awareness Facilitator Training: The [Yes Project](#) is a Europe wide initiative to provide young people with empowering sexual health and reproductive education in a community setting. Collaborating with [ECYC](#) (European Confederation of Youth Clubs) and [LOGO Jugendmanagement](#) to develop the capacity of youth organisations and youth workers to deliver SRE to young people. This project is based on the need identified by [Youth Work Ireland](#) through a consultation with young people in Spring 2018, for young people to be involved in the development of a resource to support their learning around health and safety issues related to their sexual health. If you are interested in providing a sexual health awareness programme to the young people you work with, you can sign up to a YES Facilitator Training which will take place on Zoom on Friday 3rd September from 10am-4:30pm on World Sexual Health Day. For further details on how to register [CLICK HERE](#)



ODVSS – The Freedom Programme: Offaly Domestic Violence Support Services will run their next **Freedom Programme** commencing on **Wednesday 22nd of September 2021**. The Freedom Programme 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 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. For information and booking contact 0579351886 or email manager@odvss.ie Referrals also taken.



Back to School Anxiety – Parenting Today Online Talk: Wexford Public Library Service are hosting a FREE online talk on how to support your child or teenager as they return to school. The talk will be presented by Dr Malie Coyne and will be available online from Monday 30 August at 11.00am on the [Wexford Library Facebook page](#) and the Wexford Library [YouTube channel](#)

Senior Clinical Psychologist & Author, Dr. Coyne will be speaking about the anxiety children face in returning to school, and she will share practical suggestions using her SAFE compassionate approach from her critically acclaimed book 'Love In Love Out'.



Building resilience in our children & young people FREE webinar: [Aware](#) recently hosted a free webinar with **Dr Colman Noctor** *Child and Adolescent Psychoanalytical Psychotherapist* entitled "Building resilience in our children & young people".

Colman has worked across a range of Child & Adolescent Mental Health Services both in Ireland and abroad and he has a wealth of national and international clinical experience. In this webinar Dr. Colman Noctor along with Dr Claire Hayes, Aware Clinical Director & Clinical Psychologist discuss the impact of the past 18 months on young people with the uncertainty of the pandemic, societal expectations, the role of technology, signs to look out for in young people and approaches available to parents when supporting their children.

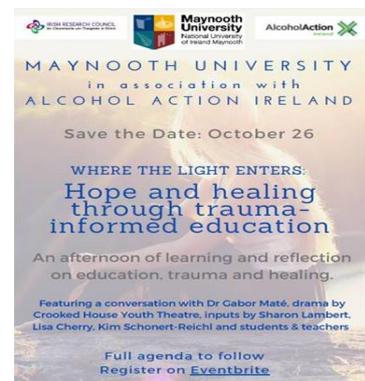
To listen to the recorded webinar [CLICK HERE](#)

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

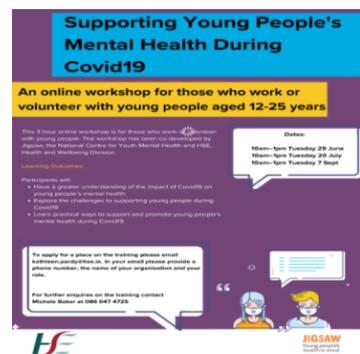
The event is free and will feature a conversation with world renowned trauma expert, Dr Gabor Maté, drama from Crooked House Youth Theatre, contributions from Dr Sharon Lambert, Lisa Cherry, Professor Kimberly Schonert-Reichl, Experts by Experience, teachers, and students. Further details of the event, with full schedule to be announced.

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



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. The workshop will take place on **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 at 086 047 4725. It is envisaged that additional dates will be added in September.



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