

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](#)

For information on the 'Let's Get Back' national awareness campaign recently launched by [Sport Ireland](#) in partnership with Healthy Ireland [CLICK HERE](#)

It's a magical Journey I AM BABY 2020 Implementation Evaluation: I AM BABA 2020 Implementation Evaluation Report [entitled "Its a magical journey – "I AM BABA The Community Tour Evaluation"](#) was published this month. This community tour was a CYPSC collaboration with I AM BABA founder Anna Newell and The Civic Theatre, Tallaght. The aim of the collaboration was to reach as wide an audience as possible and to promote babies' participation in the Arts. To read more about the I AM BABA Community Tour collaboration which is currently being rolled out at a number of locations in Ireland [CLICK HERE](#). The aim of the evaluation report is to describe and detail the implementation of the CYPSC-supported elements of the I AM BABA theatre production for very young children Spring Tour 2020. Longford Westmeath CYPSC hosted three I AM BABA performances during the Spring 2020 Tour and were delighted to contribute to this evaluation report. The learning from this national implementation approach has informed the 2021 collaboration with the theatre company and will inform future CYPSC efforts to promote positive outcomes for very young children and their families through the Arts.



Bereaved Children's Awareness Week: Every November, the Irish Childhood Bereavement Network (ICBN) organises a series of events across Ireland to highlight bereaved children's needs and provide a voice for them to be heard. Bereaved Children's Awareness Week (BCAW) is to help raise awareness of the fact that children express grief differently; they feel the impact but may not have words to express it so it often shows in their behaviour. This year the awareness week, sponsored by the Irish Hospice Foundation and Tusla, will run from 15th – 19th November. To view a short video on Childhood Bereavement [CLICK HERE](#)

For full details and information on how you can promote the awareness week [CLICK HERE](#)



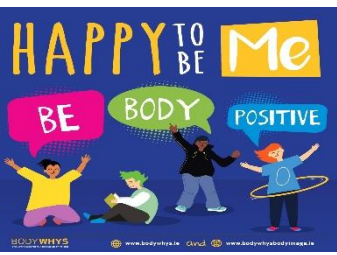
World Children's Day 2021: November 20th is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General assembly adopted the Convention on the Rights of the Child. ***This is a day that is all about the importance of children and how they have special rights and freedoms that help them to grow into happy, healthy adults.*** It's about a fun day, with a serious message, shining a light on the most pressing challenges faced by children in today's world..

For information on how you can get involved and celebrate Children's Day [CLICK HERE](#)



Stand Up Awareness Week: Stand Up Awareness Week will take place from November 15-19th, 2021. Stand Up Awareness Week is an opportunity to take steps to make spaces safe and supportive for LGBTI+ young people. [BelongTo](#) provide you with the resources, tools, and knowledge needed to host Stand Up Awareness Week in your school, youth service, or Youthreach this November. It is heart-breaking that one in five young LGBTI+ people face bullying and that 73% of young LGBTI+ students feel unsafe at school. Together we can create spaces where LGBTI+ young people feel safe, equal, and valued.

For further details on how to become involved [CLICK HERE](#)



Body Whys 'Happy to Be Me' Programme: Over the last 10 years research in Ireland has consistently identified body image as a key source of concern for young people. Unfortunately body image concerns are starting at an earlier age and worryingly eating disorders are on the increase in preteen children. The 'Happy To Be Me' Resource has been developed to provide teachers with fun, easy to use materials to promote positive body image and self-esteem in primary school children. For further details on the programme and resources [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](#). For the most up to date information and advice on Coronavirus visit the HSE website [HERE](#) and visit the HSPC website [HERE](#) Please check [here](#) for the most up to date partner resources for COVID-19.

Online Survey/ Consultations for completion/circulation:



Understanding Life in Ireland: A Well-being perspective: The Government is developing a [Well-being Framework](#) to better measure Ireland's progress as a country and better align policy decisions with people's experiences. As we recover from the COVID-19 pandemic, and build back better, the importance of ensuring we take a new and broader approach to understanding people's lives has never been clearer. A Well-being Framework has the advantage of capturing overall quality of life, across economic and social aspects, as well as environmental, health and other important outcomes. It, therefore, brings together a range of areas that matter most to people's lives now and into the future. Areas such as housing, community, civic engagement, paid and unpaid work, and education. To have your say [CLICK HERE](#)



Tusla Advisory Group Survey: Tusla Advisory Group (TAG), an advisory group of care leavers aged 18-25 with the support of the Tusla Service Experience, Innovation and Development (SEID) team is asking young people, who have received some/all aftercare services from Tusla, to take part in a survey on their experience of moving from care to aftercare. For more information [CLICK HERE](#)



Cycling Ireland Street Games Youth Survey: Cycling Ireland and Street Games are working together to understand more closely what young people in Ireland think and feel about cycling and how to encourage more young people to get on their bikes in the future. They are specifically looking at getting feedback from 14–18-year-olds that do not own bikes and would greatly appreciate the support of local partners, schools and community groups to make sure they are connecting with these young people and their voice is heard. They will be using the information gathered to draw down future funding to be invested in the design programmes that relate specifically to the young people's responses. To access the online survey [CLICK HERE](#)

Webinars/ Training/ Events:



Longford Westmeath Buggy Walks: Longford Westmeath Buggy Walks, a collaboration between LW CYPSC, Longford Sports Partnership and Westmeath Sports Partnership have commenced at a number of locations across the two counties in recent weeks, namely Longford town, Granard, Ballymahon and Athlone, with two further locations due to commence next week. To register for the upcoming guided buggy walks in Ballinacarigy [CLICK HERE](#) or to register for the walk in Mullingar [CLICK HERE](#). If you wish to join any of the other walks at the locations listed above you can contact Clodagh in Longford Sports Partnership at cburns@longfordcoco.ie or Martina in Westmeath Sports Partnership at Martina.O'Brien@westmeathcoco.ie



Start from the Heart
An inspiring and life informing Free Parenting Programme for parents with children of all ages! Starting soon!

hi
Healthy Ireland
Contact your local FRC for details of upcoming programmes

Start from the Heart Parenting Programme: The [Start from the Heart Parenting Programme](#), supported by Longford Westmeath CYPSC and the Healthy Ireland Fund is currently being 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



SO
Sensory Offaly

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Healthy Ireland

Anger Management Strategies for Neurodiverse Children

Tuesday, November 9th
7.30pm-8.30pm

CYPSC
Libraries
Contact: Chaoisea@offaly.gov.ie
087 902 0042

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 runs until the 25th November** and advance booking is required.

Book your place on [Eventbrite](#) or [CLICK HERE](#) for a full list of programmes



EDGEWORTHSTOWN PARENT & TODDLER GROUP. THE GREEN. EDGEWORTHSTOWN

FREE WELCOME!

TUESDAY MORNINGS 9.30-11AM
NOVEMBER 2
NOVEMBER 16
NOVEMBER 30
DECEMBER 14

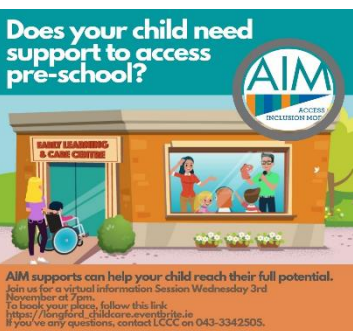
Never due to Covid-19 restrictions all parents are required to register their attendance by emailing enquiries@longfordchildcare.ie or calling 043 3342505

CYPSC
Longford Childcare Committee
Dobbo & Kelly

Edgeworthstown Parent & Toddler Group: The Edgeworthstown Parent & Toddler (P&T) group is grouping and will meet every second Tuesday from 2nd November. This P&T group is a LW CYPSC collaborative project with lead agencies Longford County Childcare Committee and Longford Community Resources CLG.

To share on Social Media please [CLICK HERE](#).

All enquiries to be sent to enquiries@longfordchildcare.ie or telephone 043 3342505



Does your child need support to access pre-school?

AIM
ACCESS AND INCLUSION MODEL

BABY LEARNING & CARE CENTRE

AIM supports can help your child reach their full potential. Join us for a virtual information session Wednesday 3rd November at 7pm. To book your place, follow this link: <https://longfordchildcare.eventbrite.ie> If you've any questions, contact LCCC on 043-3342505.

Longford County Childcare Committee Better Start Aim Information Session for Parents: [Longford County Childcare Committee](#) in collaboration with [Better Start](#) will be hosting a virtual information session for parents on the [AIM \(Access and Inclusion Model\)](#) on **Wednesday, 3rd of November at 7pm**. This event is aimed is for families you who may need further information on AIM information supports, access and the ECCE programme.

Parents can register for the event directly by [CLICKING HERE](#) or for further queries please contact 043-3342505.



BABY MUSIC

BABY SONG

Hummingbirds Let's Make Music

CYPSC
ATHLONE FRC
hi

Athlone FRC Early Years Development Programme: [Athlone Family Resource Centre](#) in collaboration with [Hummingbirds Let's Make Music](#), supported by Longford Westmeath CYPSC, are delighted to announce as part of their Early Years Development Programme a new initiative of Baby Music & Baby Song sessions. The sessions will be suitable for children who are in the pre-crawling stage. This is a spin off initiative developed as a follow on action to the Family Wellness Programme and 'Start from the Heart' Parenting Programmes which have been run by Athlone Family Resource Centre over the past year. For further details on email contactme@afrc.ie and keep an on [social media](#) where further details will be posted in the coming weeks.



TRIPLE P – FEAR LESS
Reducing Anxiety in Children

Fear Less Webinar

DATE: Wed 10th Nov
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 aged 4 – 14 years tips and strategies to help children manage their anxiety. Providing practical evidenced – based tips for parents and carers in these uncertain times.

IF YOU WOULD LIKE TO JOIN THIS FREE WEBINAR
Please email parenting@westmeathcoco.ie or call 090 6442157

Triple P Fear Less – Reducing Anxiety in Children Webinar:

Athlone Education Centre in partnership with Triple P Programme are delivering a Fear Less Webinar on **Wednesday 10th November from 7pm – 9pm**. This webinar will offer Parents of children aged 4 – 14 years tips and strategies to help children manage their anxiety. Providing practical evidenced – based tips for parents and carers in these uncertain times.

If you would to register for this FREE webinar [CLICK HERE](#)



A PlanetYouth Webinar

The importance of sleep for our national school children

A webinar for parents that explores the importance of sleep, the reasons behind typical sleep challenges, and how parents can practically support their children to develop positive sleep practices.

With Lucy Wolfe
Sleep Consultant and Author

Wednesday the 3rd of November
19.00 – 20.15
Register at [PlanetYouthSleep](https://planetyouthsleep.com)

The importance of sleep for our national school children Webinar: Planet Youth in collaboration with the Western Region Drug and Alcohol Task Force, CYPSC and Tusla are hosting a webinar on 'The Importance of sleep for our national school children' with [Lucy Wolf](#), Sleep Consultant and Author. This webinar for parents will explore the importance of sleep, the reasons behind typical sleep challenges, and how parents can practically support their children to develop positive sleep practices.

To register for this FREE event [CLICK HERE](#)




Westmeath Libraries
SENSORY SPACES

Westmeath Libraries Sensory Spaces: Westmeath Libraries are delighted to make available their new Sensory Spaces in Athlone and Mullingar libraries. These spaces are available for use by children and adults of all ages and abilities. For further information on the Sensory Spaces please contact your local library.

Athlone Library - 090 6442157 or email athlib@westmeathcoco.ie

Mullingar Library - 044 9332161 or email mgarlib@westmeathcoco.ie



Offaly & Laois Libraries present
Separation Anxiety:
Helping your child return to school
with
Helen Vaughan
Psychotherapist, Mayo Child Counselling

Wednesday 22nd September
7.30pm on Zoom

Register for free on Eventbrite at [Eventbrite](#)

Offaly & Laois Libraries:
Parent Support Programme
Online Webinar Series
Autumn 2021

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. The [series](#) will **run until the end of November** 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](#)



Midlands Louth Meath Community Health Team
Organisation

Wells for Wellbeing & Other Tools

Online Workshop
Monday 1 November
2 pm - 4 pm

Wells for Wellbeing and Other Tools Webinar: Midlands Louth Meath Recovery Education Group are hosting a free webinar on Monday 1st November which will explore the Wells for Wellbeing and other wellbeing tools that can support recovery. Gain tools to manage your wellbeing and methods to help deal with your emotions and common mental health conditions. As with any new skill, with some exploration, time and practice it is possible for everybody to learn ways to manage and improve their emotional health and mental wellbeing. This FREE event is open to anyone over 18 years with an interest in recovery education, mental health and well-being. To register please [CLICK HERE](#)



Fairer Futures

What Works Festival of Learning 2021
November 15th -24th
Tackling disadvantage through prevention and early intervention

What Works Festival of Learning 2021: The [What Works Festival of Learning 2021](#) will take place from 15th – 24th November as a series of four webinars. The series will focus on the theme of disadvantage, and delivering fairer futures for children and young people. Speakers include Minister Roderic O’Gorman T.D., Professor Kate Pickett, (University of York), Olivier Thévenon (Child Wellbeing Unit, OECD), Professor Mark Brown (DCU), Massimiliano Mascherini, (Head of Unit ad interim Social Policies, Eurofound), Conor Rowley, Ciara Pidgeon, and other international experts and contributors from within and outside Government. For further details and to register [CLICK HERE](#)



AsIAm Autism Training Programme: The [AsIAm Bridge Forward project](#) is the newest of their autism training programmes designed in response to the devastating impact of the COVID-19 pandemic on community participation for autistic children and their families. This project was developed with a **series of 6 workshops** that focus on the fundamentals of child development as outlined by the International Classification of Functioning, Disability and Health (ICF) which was approved by the World Health Assembly 2001. The aim of this project is to train qualified facilitators (e.g., Speech and Language Therapists, Occupational Therapists, Psychologists, Social Care Workers) in a programme to further upskill the community and social group leaders in working with autistic children and their families in returning to (or indeed beginning to engage in) community participation. AsIAm are now welcoming applications from leaders of social and community groups to apply for the Bridge Forward programme. Please [CLICK HERE](#) for registration details and further information.

PPI Ignite Network Official Online Launch: The PPI Ignite Network provides leadership to public and patient involvement (PPI) in research across Ireland, driving excellence and inspiring innovation, by embedding a culture of meaningful involvement of the public and patients in research. With seven lead Universities, ten national partners and over fifty local partners, the PPI Ignite Network brings together all stakeholders interested in putting the public and patients at the centre of research, leading to research that is more relevant and has greater impact. The network will be officially launched by Ms. Anne Rabbitte, Minister of State at the Department of Children, Equality, Disability, Integration and Youth and at the Department of Health at this online event. To register [CLICK HERE](#)



Understanding Self-Harm in Adolescents Webinar Series for Parents: Professor Eilís Hennessy is leading a research team from University College Dublin and Pieta on a project funded by the Irish National Office of Suicide Prevention. As part of this project, series of free webinars will take place commencing on 1st November for anyone interested in learning more about self-harm in adolescents including parents or guardians. This project is also developing resources for the parents and guardians of young people (ages 10-19) who have engaged in self-harm. Parents and guardians who attend and who have experience supporting an adolescent who has engaged in self-harm will also be invited to take part in a survey. The findings of this survey will help organisations to provide useful information for parents in a way that is easy for parents to access. For further information and to register please [CLICK HERE](#)



Understanding Self-Harm in Adolescents

Monday, November 1st, @7pm

Pieta:
Sinead Raftery & Leigh Kenny

Free webinar for parents.

Logos: pieta, National Office for Suicide Prevention, UCD

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