

## Information Bulletin – 4<sup>th</sup> June 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 [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

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](#)



**Healthy Ireland Strategic Action Plan 2021 – 2025:** The Healthy Ireland Strategic Action Plan 2021-2025 provides a clear roadmap of how we can continue to work together to bring about good health, access to services, healthy environments, and the promotion of resilience and to ensure that everyone can enjoy physical and mental, health and wellbeing, to their full potential.

This action plan will build on the work and progress made to date and focus on the remaining years of the Healthy Ireland Framework from 2021-2025. To read the full action plan, [CLICK HERE](#).



**Summer of Play 2021 Launch:** Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, T.D., today announced the Summer of Play initiative to support and encourage children and their families to get outside and play as restrictions ease in the coming months. The initiative will see grants, supports and information resources rolled out over the summer months, creating opportunities for children and their families to enjoy a summer of play.

This coincides with the Minister's launch of a [new parenting e-learning course from Tusla](#) and a number of research reports on parents and parenting in Ireland, to mark [Global Day of Parents](#). Parents have a critical role in ensuring positive outcomes for children, and the past year has been particularly challenging. This day is an opportunity to recognise and appreciate all people in a parenting role. As part of the Summer of Play launch, the Minister announced €6 million in funding to support outdoor play. To read the recent press release and for further details [CLICK HERE](#)



**Arts Experiences for Young Children:** Check out this FREE informative booklet on the National Childhood Network website, on [creative play ideas for young children](#) that will keep them happy and busy all summer long.

This childhood arts resource is produced by [Barnardo's Ireland](#) and the [National Childhood Network](#), sponsored by the Department of Children, Equality, Disability, Integration and Youth. [CLICK HERE](#) to download.



**Messaging Service for Young People:** [Save Our Sons and Daughters \(SoSad\)](#) Ireland have launched a Messaging Service for Young People, where people can chat to trained volunteers for support. SoSad has worked to raise awareness and help prevent suicide in Ireland. SoSad offer support and services for people who are struggling with suicidal ideation, self-harming, depression, bereavement, stress, and anxiety, or a listening ear if you simply need to talk. This messaging service is a great support for young people’s mental health.

The service is available on their website daily from 8pm to 12am.

To access the service, [CLICK HERE](#).



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**Updated Covid-19 Guidance for Youth Work Organisations:** For up to date Covid-19 guidance for Youth Work Organisations see the [Guidance for Youth Work Organisations](#) publication. This guidance has been prepared for youth services funded by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) and is prepared in the broader context of the [Government's Resilience & Recovery 2020-2021: Plan for Living with COVID-19](#), and the [Return to Work Safely Protocol](#). This [guidance](#) should be read in conjunction with those documents, and any future Government advice in relation to COVID-19.

**Public Health Information regarding Covid-19:** As part of the [Resilience and Recovery 2020-2021: Plan for Living with COVID-19](#) new public health measures came into place during the month of May. To read more about these new health measures and "The Path Ahead" [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](#)

**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](http://www.gov.ie/adviceforparents)

### Online Survey/ Consultations for completion/circulation:

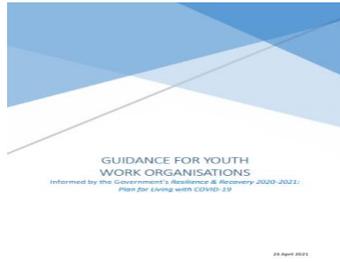
**Connections Arts Centre Survey:** [Connections Arts Centre](#) is a not-for-profit Social Enterprise. They provide accessible online Art and Lifestyle programmes where the wider disability community can learn, grow, and connect through the Arts. They are currently developing a children's programme. At Connections Art Centre they design and lead all their programmes based on the needs of their participants. They would appreciate it if you could take the time to fill in this [survey](#) to help them design a programme to meet the needs of your child.

**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 from young people regarding what public spaces they need. To gather this information the NYCI have provided an online survey which can be accessed [HERE](#). The survey deadline is **15<sup>th</sup> June 2021**. To find out more information, [CLICK HERE](#).

### Webinars/ Training/ Online Events:

**Start from the Heart Parenting Programme:** Start from the Heart, developed by [Connected for Life](#), is a new programme being rolled out across Longford and Westmeath, supported by LW CYPSC and Healthy Ireland and delivered by the four local Family Resource Centres in Longford and Westmeath. (This programme will also be rolled out in Laois and Offaly in the coming months). Start from the Heart explores how early relationships and environment can shape how we develop physically and emotionally, which can in turn affect our outcomes in life. The programme explores how we can help build secure children and looks at what children and young people need to thrive. It also explores life challenges that can sometimes get in the way! In addition it highlights the importance of parental self-care and assists in developing a plan to build support networks for parents. Start from the heart assists parents in exploring what can impact on their parenting journey and assists parents and families in living a happier more contented life. Details of upcoming programmes will be announced in the coming weeks in the following FRC's in Longford and Westmeath

[Lus na Greine](#), Granard [Bridgeways](#), Ballymahon [Cara Phort](#), Ballinacarrigy [Athlone](#) FRC



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**INSTAGRAM LIVE WITH PAEDIATRIC DIETITIAN CAROLINE O'CONNOR @ SOLID START**

Thursday June 3<sup>rd</sup> @ 8.30pm via Bridgeways FRC Instagram Live

TOPICS INCLUDE: BABY WEANING, FUSSY EATERS

PLEASE FEEL FREE TO MESSAGE IF ANY TOPICS YOU WOULD LIKE CAROLINE TO DISCUSS.

**Solid Start**

**Bridgeways Family Resource Centre Family Wellness Programme:** The LW CYPSC Family Wellness Programme, funded by Healthy Ireland continues to be rolled out in the Ballymahon area in County Longford by [Bridgeways Family Resource Centre](#). As part of the programme, **Paediatric Dietitian Caroline O' Connor**, will be speaking on an upcoming Bridgeways Instagram Live session on **Thursday 3<sup>rd</sup> of June at 8:30 pm**. Topics will include Baby Weaning and Fussy Eaters and lots more. If there are any other topics you would like to hear Caroline speak about, you can message Bridgeways FRC on their Instagram account where you can also tune in to the Live session by clicking [HERE](#)



**ATHLONE FRC**  
Family Resource Centre

**FAMILY WELLNESS SEMINAR**  
THE BENEFITS OF NATURE BASED PLAY IN CHILDHOOD  
TUESDAY 22<sup>nd</sup> June  
7:00 - 8:15pm

**Seminar Overview**  
Witness the nature and modern-day childhood. The benefits of being in nature for your child & you. How can nature reduce anxiety? Practical tips on how you can be in nature in a mindful way.

**TO REGISTER PLEASE EMAIL:**  
[contactme@afrc.ie](mailto:contactme@afrc.ie)

**Cathy Daly**  
Play Therapist  
Child-Centred Family Focus

**Athlone Family Resource Centre Family Wellness Programme:** The LW CYPSC Family Wellness Programme, funded by Healthy Ireland, also continues to be rolled out over the coming weeks in [Athlone FRC](#) in County Westmeath. The Athlone Family Resource Centre are delighted to be collaborating with Play Therapist Cathy Daly for an upcoming **seminar "The Benefits of Nature-Based Play in Childhood"**. Cathy is a qualified Non-Directive Play Therapist, member of the Irish Play Therapy Association and also holds a B.A. degree in Psychology. In addition, she is a trained facilitator of the Circle of Security parenting programme and has training in Filial Therapy. The focus of this seminar is to discuss the benefits of Nature Based Play in Childhood. If you would like to register for this seminar, please email [contactme@afrc.ie](mailto:contactme@afrc.ie) and you will receive a link for a zoom meeting.



**The YOU Programme**  
Get Ready to Get Going!  
Gain a QQI Level 4 Qualification in Employment Skills  
Training alternative may apply

**Modules offered may include:**

- Health & Fitness
- Digital Public Technology
- Entrepreneurial Skills
- Personal Finance
- Health Training
- Entrepreneurial Skills

**Start Date: June 8<sup>th</sup> 2021**  
**Monday - Friday**

For more details: call 057 866 5010 or email [sharon@ywilaois.com](mailto:sharon@ywilaois.com) / [larry@ywilaois.com](mailto:larry@ywilaois.com)

**www.ywilaois.com**

**Youth Work Ireland Laois 'The YOU Programme':** This programme is provided by [Youth Work Ireland in County Laois](#). This is a Local Training initiative for young people 16+ who are not in education. Modules that may be offered include: Health and Fitness, Digital Media Technology, Understanding Interculturalism, Communications, Career Planning, Functional Maths, Teamworking, Work Experience, and Entrepreneurial Skills. The start date is **Tuesday June 8<sup>th</sup>, 2021**. For more information on the course, email Sharon Delaney at [sharon@ywilaois.com](mailto:sharon@ywilaois.com) or call on 0578665010.

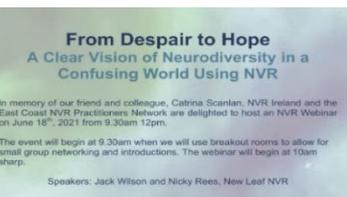


**cara**  
sport • inclusion • Ireland

**Learn About Disability Inclusion in Sport and Physical Activity**  
From Your Home or Office

Cara are now delivering online training and have a range of workshops to choose from!

**Cara Online Training Workshops:** [Cara](#) coordinates, develops and delivers inclusive training and education workshops across the Sport, Fitness, Adventure and Education sectors. All of Cara's workshops are designed to equip participants with the knowledge, competence, and skills necessary to include people with disabilities in sport and physical activity and increase quality provision. Cara offers online workshops for groups, clubs, centres, and organizations. These workshops include: Sport Inclusion and Disability Awareness, Inclusive Fitness Training, Autism in Sport, Disability Inclusion Training, and Inclusive Adventure Activities Training. The workshops can be accessed easily from your home or office. To learn more about these workshops, [CLICK HERE](#).



**From Despair to Hope**  
A Clear Vision of Neurodiversity in a Confusing World Using NVR

In memory of our friend and colleague, Catrina Scamell, NVR Ireland and the East Coast NVR Practitioners Network are delighted to host an NVR Webinar on June 18<sup>th</sup>, 2021 from 9.30am-12pm.

The event will begin at 9.30am when we will use breakout rooms to allow for small group networking and introductions. The webinar will begin at 10am sharp.

Speakers: Jack Wilson and Nicky Rees, New Leaf NVR

**NVR Webinar:** NVR Ireland and the East Coast NVR Practitioners Network are delighted to host an **NVR Webinar on June 18<sup>th</sup>, 2021 from 9.30am-12pm**. Guest speakers and NVR Practitioners, Jack Wilson and Nicky Rees will be speaking at the event. You can register by clicking on the following [LINK](#). After completing registration, you will receive a conformation email containing further information about joining the meeting.



**TRIPLE P - FEAR LESS**  
Reducing Anxiety in Children

**Anxiety Webinar**

DATE: Tue 29th June  
Time: 7.00pm - 9.00pm

Our National Education Centre in partnership with Triple P Programme will offer a **Free Less Worried** webinar for parents of children aged 4-14 years of age tips and strategies to help children manage their anxiety. Providing practical evidence-based tips for parents and carers in these uncertain times.

**IF YOU WOULD LIKE TO JOIN THIS FREE WEBINAR**  
Please register in advance for this webinar. All children aged 4-14 years of age and their parents/caregivers are invited to attend. All children aged 4-14 years of age and their parents/caregivers are invited to attend. All children aged 4-14 years of age and their parents/caregivers are invited to attend.

**Triple P – FEAR LESS Anxiety Webinar:** Children and parents are anxious, and families are under pressure like never before. Being a parent to a child/teenager who is experiencing anxiety can be tough. Anxious children / teenagers can seek constant reassurance have outbursts of anger / frustration and can feel sick when worried. Parenting has a crucial role to play in mitigating the potential long-term negative impacts of COVID-19 on children, particularly in relation to mental health. If you wish to attend the free webinar on **Tuesday, the 29<sup>th</sup> of June (7:00 pm – 9:00 pm)**, please [CLICK HERE](#) to register. You will receive a confirmation email after registration.

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**Cruinniú na nÓg – A day of free creativity for children and young people:** Ireland is the first, and only, country in the world to have a national day of free creativity for children and young people under 18. Cruinniú na nÓg is a flagship initiative of the Creative Ireland Programme's Creative Youth Plan to enable the creative potential of children and young people. Cruinniú na nÓg 2021 is a collaboration between the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, the Creative Ireland Programme, local authorities and RTÉ and is the only event of its kind in the world. There are many online events, events throughout all counties in Ireland suitable for all ages. To find out more information on all the events available, [CLICK HERE](#).



Events in Longford	Events in Westmeath	Events in Offaly	Events in Laois
<p>12 JUN 2021   10.30AM - 11.30AM</p>  <p><b>Go Fly Your Kite: Ballymahon Playground</b></p> <p>9-12</p>	<p>12 JUN 2021   4.00PM - 4.20PM</p>  <p><b>Rock My Soul!</b></p> <p>9-12 13+</p>	<p>12 JUN 2021   9.00AM - 5.00PM</p>  <p><b>Make your own Clayotic Elephant</b></p> <p>5-8 9-12</p>	<p>12 JUN 2021   9.00AM - 6.00PM →</p>  <p><b>Creatively Exploring Our Sense of Place in Laois</b></p> <p>0-4 5-8 9-12 13+</p>
<p>12 JUN 2021   4.00PM - 12.00AM</p>  <p><b>Creative Profiles: Young Longford Creatives</b></p> <p>13+</p>	<p>12 JUN 2021   2.00PM - 12.00AM →</p>  <p><b>Belvedere Bees with Dolores and Jim</b></p> <p>5-8 9-12</p>	<p>19 JUN 2021   12.00PM - 1.30PM</p>  <p><b>The Cool Food School – Perfect Summer Desserts</b></p> <p>5-8 9-12</p>	<p>12 JUN 2021   9.00AM - 6.00PM →</p>  <p><b>For The Birds</b></p> <p>5-8 9-12 13+</p>

Here is a flavour of events that are happening in the midlands! To get more information on the events shown, click on the pictures above.

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 contact the Coordinators at:  
Longford Westmeath CYPSC: [086 6063228](tel:0866063228) or  
Laois Offaly CYPSC: [086 0487464](tel:0860487464)  
[www.cypsc.ie](http://www.cypsc.ie)