

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](#)



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 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 this summer [CLICK HERE](#)



Tusla Annual Report and Financial Statements 2020: Tusla have recently published its Annual Report and Financial Statements for 2020, detailing service activities and progress made by the Agency in its 7th year of operation. As a critical provider of frontline services, the focus during the pandemic was to ensure that essential services for children and families were maintained. For full information and to read the reports [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](#)



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](#)

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



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

Longford Playground Passport: With the school holidays in full swing, why not check out the many playgrounds around Longford Library! Longford Library have recently launched a handy guide which contains lots of useful information on all 24 playgrounds in the County, along with helpful hints on creative things to do in the vicinity. With this guide you will find there are lots of things to fill those long summer days with, so be sure to pick up your copy in your nearest Library branch!

For further details [CLICK HERE](#)

Summer Stars Libraries Ireland National Reading Programme: Summer Stars is the free national reading programme for children that takes place in all public libraries and online. The Summer Stars programme runs throughout the summer until 31st August 2021.

For further information [CLICK HERE](#) or visit your local library (links below).

[Longford](#)

[Westmeath](#)

[Laois](#)

[Offaly](#)

[Libraries Ireland](#)

Barnardos Free E-BOOK 'Outdoor Play Matters': This booklet, published by Barnardos, is for parents of young children up to the age of six although most of the information applies to children of all ages. The aim of the booklet is to highlight the benefits of outdoor play for young children.

For further information on other Barnardo's e-booklets and for information on how to download a copy of this e-booklet [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](#)

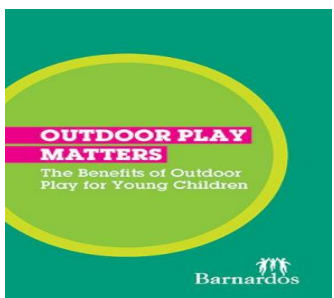
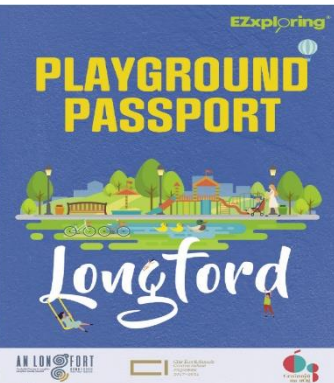
For the most up to date

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:

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 *speaking 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 by 9th August 2021. For further information on how to share your views [CLICK HERE](#)



Webinars/ Training/ Online Events:

Building resilience in our children & young people FREE webinar: [Aware](#) are hosting a free webinar with **Dr Colman Noctor Child and Adolescent Psychoanalytical Psychotherapist** entitled "Building resilience in our children & young people" on **Wednesday 11 August at 12pm**.

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. He specialises in the treatment of all emotional disorders and has a keen interest in the effects of contemporary media on child development and mental health and frequently contributes to national media on this topic.

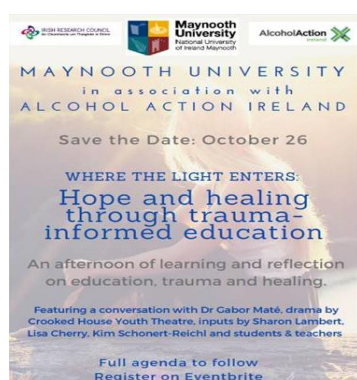
This webinar will look at the current challenges to mental wellbeing for young people & how to support them in building resilience. For further details and to register [CLICK HERE](#)

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 Covid19

An online workshop for those who work or volunteer with young people aged 12-25 years



Dates:
18:00-19:00 Tuesday 20 June
18:00-19:00 Tuesday 26 July
18:00-19:00 Tuesday 7 Sept

Workshop objectives:

- Develop a greater understanding of the impact of COVID-19 on young people's mental health
- Develop practical strategies for supporting young people during COVID-19
- Learn practical ways to support and promote young people's mental health during COVID-19

To apply for a place on this training please email: kathleen.pardy@hse.ie. In your email please provide a phone number, the name of your organisation and your role.

For further enquiries on this training contact Michele Baker at 086 047 4725.

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.

Creative Lab – Music Composition Programme for Young People: The National Concert Hall are launching a new music composition programme - Creative Lab - for young people (aged 12-18) from typically underrepresented groups for example, Black, Asian, the Mincéir/Traveller and Roma Communities, other Minority Ethnic Communities within the island of Ireland, as well as women, transgender, non-binary, people with disabilities and gender-nonconforming people. This 8 month programme commences in September 2021. For further information and registration details [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 or

Laois Offaly CYPSC: niamh.dowler@tusla.ie

www.cypsc.ie