

Information Bulletin – 7th May 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 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

For a list of local **Contact Details for Children, Youth and Family Services** in the Midlands Area click on the following links for [Longford and Westmeath](#) and [Laois and Offaly](#)

Keep Walking Keep Well - Community facilities to open up for walking: Sport Ireland has partnered up with six National Governing Bodies of Sport to open sport facilities with walkways. This will support people's wellbeing and also their mental health at these challenging times. Allowing walking routes within communities and local clubs open will provide people of all ages and abilities a safe environment to exercise. There are over 600 routes that belong to the GAA, IRFU, Hockey Ireland, Athletics Ireland, Cricket Ireland, and the FAI available. Current public health guidelines must be followed to ensure everyone's safety, an app called "Get Ireland Walking" is available to download to book your walking slot to maximise a safe walking environment. If you think your local club has the facilities to participate in this new initiative, [CLICK HERE](#) for further information about registration.

What Works Funding: The closing dates for the two recently announced new funding schemes worth €800,000 as part of the What Works initiative are fast approaching.

The closing date for the [Learning Together Fund](#) which aims to support professionals working with children, youth, and family services with their learning requirements, peer interaction, project collaborations and knowledge dissemination is **9:00am, Monday 10th May 2021** by email only to whatworks@equality.gov.ie

The closing date for the [Children and Youth Digital Solutions Fund](#) which is aimed to support staff, expand the use of technology within communities and voluntary organisations working with children, young people, and families is **5pm, Monday 17th May 2021** and must be made to Rethink Ireland via the [online application form](#). For more information on both Funding Schemes [CLICK HERE](#).

FUNDING - Dormant Accounts Action Plan 2020: Up to €5 million has been made available under the Dormant Accounts Action Plan 2021 for initiatives to support employment outcomes for people with disabilities. The maximum grant that applicants can seek is €200,000. There are two key objectives for this funding, to support people with disabilities and to support potential employees to provide employment for people with disabilities.

Community and Voluntary Organisations are invited to apply for funding through Pobal. [CLICK HERE](#) for details.



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Covid Stability Fund 2021



Covid Stability Community Fund: The Covid Stability Fund 2021 was launched jointly yesterday 6th May by Minister for Rural and Community Development, Heather Humphreys TD, Minister for Public Expenditure and Reform, Michael McGrath TD, and Minister of State with special responsibility for Charities and Community Development, Joe O'Brien TD.

The Fund is targeted at organisations which deliver critical services to vulnerable people within their community but which now face closure or a loss of service due to the impact of the pandemic. Priority will be given to organisations that have not previously received State support since the onset of the Pandemic. Examples of the organisations that can apply include those that provide:

- Family supports and supports for the elderly
- Domestic Abuse and addiction services
- Mental health and disability supports
- Education supports in disadvantaged communities
- Community centres that provide social services

The €10 million investment builds on the €45 million Covid Stability Fund 2020, which supported almost 600 organisations across the country. More information about this fund is available on the [Pobal website](#)



Athlone Family Resource Centre Launch New Website: Congratulations to all in the Athlone FRC who have recently launched their new website, which you can visit by clicking [HERE](#). Athlone FRC aims to create a community where all people from the locality can actively engage in all elements of family and community life, develop resilience, and manage life challenges effectively. To find out more about the services, news and events happening with AFRC, click on the link above.

Updated Covid-19 Guidance for Youth Work Organisations: A section has been added to the [Guidance for Youth Work Organisations](#) publication. See page 5 of the guidance which highlights:

In line with the Minister O'Gorman's letter from January 5th, crisis work can operate indoors, delivered in line with prevailing public health restrictions, and should only take place where mandated by the most senior management of the youth service. The addition reads:

"As per the letter published by the Minister on January 5th, essential youth work support, focused on at-risk, vulnerable young people or young people in crisis, may continue in person. It is expected that the nature of this work will predominantly involve one to one or very small group work. Such essential youth work should be delivered in line with prevailing public health restrictions and should only take place where mandated by the most senior management of the youth service. Numbers involved should be kept to an absolute minimum and should never exceed groups of 6. Outdoor options should be utilised in all cases where available and feasible."

Please note the current maximum number for group work outdoors is 15.



GUIDANCE FOR YOUTH
WORK ORGANISATIONS
Informed by the Government's Resilience & Recovery 2020-2021:
Plan for Living with COVID-19.

23 April 2021

Webwise – Parents Guide to a Better Internet: Webwise have many publications, but this particular one may be of interest to you. This booklet aims to help parents help their children have a positive experience when surfing the web. It provides information, advice and conversation starters about the benefits and risks they need to be aware of when using the internet. Topics explored in the guide include cyberbullying, screen time, sexting, social media, and online pornography. For more information visit the website by clicking [HERE](#) or you can download the booklet by clicking [HERE](#).



The Changing Lives Initiative - Free App on ADHD to Support Families & Project Report:

The Changing Lives Initiative have developed an App to help families understand what ADHD is and provide practical strategies and tools for parents to use with their children. The App is particularly relevant for parents who have concerns about their child's behaviour but are not yet sure if their child may have ADHD. The App is also very useful for those working with children, in helping them understand ADHD and how they might support children who have issues with inattention, hyperactivity or impulsivity. To download the app for free [CLICK HERE](#). The Changing Lives Initiative have also launched a final evaluation report on the 3-year ADHD to Support Families project. The cross-border project which provided an innovative early intervention programme for ADHD has been highly successful working with almost 2,000 families and providing training to over 1,700 professionals. The project evaluations demonstrated considerably improved outcomes for families who took part in the programme including a significant reduction in ADHD related behaviours reported in children and reductions in parental stress. For more information on the project [CLICK HERE](#).



Mind Yourself – Mental Health & Wellbeing Resource:

The Irish Refugee Council has recently launched their new mental health and wellbeing resource for young people aged 16-25 years seeking protection or is in Direct Provision. This resource has been developed by 5 young people with experience with Direct Provision. The resource includes information about mental health and wellbeing, stories, and illustrations from the young people about their own mental health journeys, tips, and suggestions for improving your wellbeing as well as information about where to go to get support or advice. To access this resource please [CLICK HERE](#).



Safety and Welfare of Children in Direct Provision:

The Office of the Ombudsman for Children investigated the safety and welfare of refugee & asylum-seeking children living in State provided accommodation centres across Ireland.

[CLICK HERE](#) for findings and recommendations in their new report published on 28th April 2021 entitled Safety and Welfare of Children in Direct Provision.



Implementing 'Connecting for Life' with NGOs:

The HSE's National Office for Suicide Prevention (NOSP) in Ireland commissioned Centre for Effective Services (CES) in 2019 to conduct a strategic assessment on the implementation of the Connecting for Life Strategy with NGO partners. A report from the assessment, which involved consulting with 17 NGO partners and NOSP is now available, to read this report [CLICK HERE](#). The CES was commissioned by the NOSP to conduct this strategic assessment:

1. To look back over the first five years of the strategy with NGO partners and to explore their experiences of working with and to the strategy.
2. To look forward to the next years by learning from these experiences with a view to informing the future implementation of Connecting for Life.



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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 come 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

Online Survey/ Consultations for completion/circulation:

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 **15th June 2021**. To find out more information, [CLICK HERE](#).

Climate Conversation - Climate Action Plan 2021: The Department of the Environment, Climate and Communications have created an online Climate Conversations platform, to allow you to share your views on the government’s climate action plan. Everyone’s view is appreciated, the [Climate Jargon Buster](#) may be useful to you in developing an opinion, it gives simple climate action explanations and terms.

For more information and to give your say, [CLICK HERE](#). This platform will close on the **18th of May 2021**.

Webinars/ Training/ Online Events:

How safe is your child online?

Free Barnardos Online Safety Webinar for Parents
Wednesday 19th May @7pm

After completing the 45 minute online safety webinar, parents will be able to: [Email: grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) to register

- Outline the key risks for children being online
- Implement practical solutions & tips to help their children stay safe online
- Reflect on how they might help their children if they were cyberbullied or cyberbullying
- Identify helpful websites and signpost them to others

Parent webinar on Online Safety - CYPSC midlands area



FREE Online Safety Webinar for Parents: A free webinar on Online Safety will take place on Wednesday **19th May 2021 at 7pm**. This webinar has been organised by both LW CYPSC and LO CYPSC in partnership with Barnardos and is a direct response to parental consultations which were held across the four midlands counties, where parents expressed that they would like further supports and information on how best to keep their children and teenagers safe online. [Barnardos online safety webinars](#) for children. An experienced Barnardos trainer will be taking parents through many topics of conversation based on online safety. The objective is that parents will leave the webinar feeling empowered and have practical tips that will help their family stay safer and be happier on the internet. The webinar will consist of a 45-minute presentation followed by 15 minutes Q&A session. To register or for further information, please email grainne.reid@tusla.ie

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Your Voice Your Wellbeing #MindYour

Register now to join 8 exciting youth wellbeing sessions

Commencing in the coming weeks!!

Contact Michaela on
085 740 9162
or
HIF@Ingfr.ie

Your Voice Your Wellbeing Healthy Ireland Youth Programme: A series of Youth Wellbeing Workshops are being rolled out by LW CYPSC funded by the Healthy Ireland Fund over the coming months. A promotional video for the project has been developed by LW CYPSC Youth Forums. To view the video [CLICK HERE](#)

The following are the titles of the #MindYour Workshops

- #MindYour Introduction session
 - #MindYour Mind – Self Care
 - #MindYour Selfie – Internet Safety
 - #MindYour Mate – First Aid
 - #MindYour Bounceability – Responses/Resilience
 - #MindYour Body – Sexual health/consent
 - #MindYour Future – Life skills, actions now affecting future self.
 - #MindYour Our Voice Our Wellbeing – Closing Event
- For further details or to register contact Michaela at HIF@Ingfr.ie or by phone at 085 740 9162



FORÓIGE FUTURES PRESENTS
STARTING NEW SCHOOL - A
"FORÓIGE'S TRANSITION PROGRAMME"
foróige 6TH CLASS TO FIRST YEAR foróige
Longford/Leitrim/Westmeath

FREE Online Programme for young people age 12+ years of age making the transition from Primary School To Secondary Schools & who are living in Longford/Leitrim/Westmeath. Limited Spaces & Booking Is Essential.
Tues 25th - Thurs 27th May @ 6pm

The programme enables young people to explore their hopes & concerns around Second Level Education. Discuss & explore differences between Primary & Secondary level education. Identify supports available & feel ready to settle into secondary school & their new surrounds.
Sessions include:
Feelings & Concerns, Transition Things to know about Secondary School Friendships, Fun & Games & Lots more.

Foróige Futures – Transition Programme: Foróige Futures is really excited to be offering young people who are preparing to make the move from 6th class into secondary school in September with the opportunity to take part in the fun interactive Transition Year Programme.

This programme enables Young People to explore their hopes and concerns around starting second level education, discuss and explore differences between primary and secondary school, identify supports available to them during this transition and feel ready to begin their secondary school experience.

Lots of fun and games to take part in also. Why not come along and meet new friends? This programme is available for young people who live in Longford, Leitrim, and Westmeath. There are limited spaces so please ensure you complete the [Google Form](#).

This event will be held on **Tuesday 25th – Thursday 27th of May at 6 p.m.**



The Creative Youth Conference 2021
Creativity - the connection to our future, now.
Comhdháil Óige Ildánach 2021
Creatíocht - an nasc leas atá dháil, anois
creative Ireland

The Creative Youth Conference 2021: "Creativity – The Connection to our Future, Now" will be held on **Thursday the 13th of May 2021**. This event is examining the impact of the Creative Youth Plan since its publication in 2017 and will discuss its future direction. The event will be opened by Taoiseach Micheál Martin, and include addresses from the Minister for Tourism, Culture, Arts, Gaeltacht, Sport & Media, the Minister for Education and the Minister for Children, Equality, Disability, Integration & Youth. There are also many other speakers on the day.

To get access and register for this event, and for more information please [CLICK HERE](#).



Treasure Box of CREATING TRAUMA-INFORMED ORGANIZATIONS
A Ready-to-Use Resource for Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems

Dr Karen Treisman BOOK LAUNCH: Dr Karen Treisman is an award-winning specialist Clinical Psychologist, TedX speaker, trainer, and organizational consultant who is holding a webinar for her new book launch "A Treasure Box Creating Trauma Informed Organizations". This webinar will be held on **May 12th at 05:30 p.m.** via Zoom. The webinar will include a brief hands-on presentation by Karen to show you just what is in the two volumes and why it's in there, followed by a short interview with the publisher, followed by questions. There are only 500 slots available for this webinar, to register for this [CLICK HERE](#).



The flyer features a dark blue background with a light blue and green header. It includes a photo of a young man in a white shirt and a circular inset showing a person in a wheelchair on a track. The text 'Autism in Sport' is prominently displayed in white and green. Below it, 'Online Workshop' is written in white. A white box at the bottom contains contact details: Date: Monday 10th May 2021, Time: 18.00-21.00, Email: cslattery@laoissports.ie, and Tel: 086 7935234. Logos for Laois Sports Partnership and Sport Éireann are also present.

Autism in Sport Online Workshop: Laois Sports Partnership are hosting a online workshop on Monday 10th May entitled 'Autism in Sport'.

This workshop will provide attendees with an understanding of Autism focussing on the delivery of sport. It will help participants to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions. For further information and for registration [CLICK HERE](#) or contact Catriona on 086 7935234.

For further details on your local Sports Partnership click on the links below

[LongfordSP](#)

[WestmeathSP](#)

[LaoisSP](#)

[OffalySP](#)

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