

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](#)

World Mental Health Month: World Mental Health Month takes place this October with World Mental Health Day on Sunday October 10th. The goal of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. This year's theme is "Mental Health in an Unequal World".

There are some of us living in the world who cannot access the support we need, when we need it, leaving basic human needs unmet. To find out how you can support Mental Health Month visit the Mental Health Ireland website [HERE](#), you can also organise an event for your organisation using the World Mental Health Month toolkit which can be downloaded [HERE](#)

'Let's Get Back' to Sport National Campaign: [Sport Ireland](#) in partnership with Healthy Ireland has launched 'Let's Get Back', a national awareness campaign encouraging the Irish public to get back involved in the sport and exercise that they love. Sport Ireland has been working closely with National Governing Bodies, Local Sports Partnerships, volunteers and local clubs to support you all the way so that you can get back to the sport you love. For further information on the #LetsGetBack campaign [CLICK HERE](#)

National Breastfeeding Week: It's National Breast Feeding week, and this year's theme is 'Breastfeeding through a pandemic and beyond'. Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to the health and welfare of babies and benefits to maternal health, focusing on good nutrition, poverty reduction, and food security. For information, advice and support on breastfeeding visit the HSE website [HERE](#)

Public Jobs Schools Resource Kit: A new schools programme for second-level students that aims to spark their interest in the wide variety of career opportunities that are available across the public sector was launched recently. The [Public Jobs Schools Resource Kit](#) presents information about public sector careers in a new way for guidance counsellors and other teachers, to build confidence around discussing career options in the public sector with students and their parents. The initiative, which was part-funded under the Department of Public Expenditure and Reform's Public Sector Innovation Fund, is a 'pick up and teach' resource that speaks to the curriculum and is accessible online. The Resource Kit contains six lesson plans, covering diverse career paths and entry routes to the public sector, as well as employee videos that bring lesser-known roles to life. For further information, [CLICK HERE](#)

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



Information Bulletin – 8th Oct 2021



Book lists for young children: [Children's Books Ireland](#), is the national arts organisation and charity that champions every child's right to develop a love of reading. To help adults connect young readers with books they will love, they produce a range of recommended reading guides and lists each year. Their [Recommended Reads](#) portal has over 40 reading lists and guides, with new reviews and recommendations published weekly.

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:

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](#)

Webinars/ Training/ Events:

Online AIRC Slime Workshop: Áirc Midlands supported by Laois Offaly CYPSC, Sensory Offaly and Offaly Libraries are hosting an online slime workshop on Saturday 9th October at 10am. [Áirc Midlands](#) is a voluntary run group set up to support children with disabilities and those within their support circle. It covers all forms of additional need or long-term illness. **To book (TEXT ONLY) 085 1194041.** Limited places available so booking is essential. Lots of slimy and sensory fun is promised!

Longford Westmeath Buggy Walks: LW CYPSC in collaboration with Longford Sports Partnership and Westmeath Sports Partnership are delighted to announce the commencement of 'Buggy Walks' at a number of locations across the two counties in the coming weeks. This initiative is a huge collaboration with the following supporting organisations Bridgeways Family Resource Centre, Lus na Greine Family Resource Centre, Cara Phort Family Resource Centre, Athlone Family Resource Centre, Longford Community Resources CLG, Westmeath Community Development, Community Mothers Longford & Westmeath, Longford & Westmeath County Childcare Committee's, Barnardos, Local Childcare Providers, Tusla and the HSE. To share on social please click on the following links – [FACEBOOK](#), [TWITTER](#), [INSTAGRAM](#). Further details, registration links and start dates to follow.

Understanding Trauma & Building Resilience Conference: Laois Offaly CYPSC in collaboration with their lead partners Clara and Tullamore Community and Family Resource Centres, funded by the Healthy Ireland Fund are hosting an **Understanding Trauma and Building Resilience Conference** on Thursday 14th October. This conference will feature International, National and Local Speakers who will explore the various types of Trauma and Supportive Responses. The target audience for this day is **staff and volunteers working in services in the Midlands**, as we work towards building a trauma informed community in the Midlands. To register for this event [CLICK HERE](#)





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 will be 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

The Spectrum Series: A six-week series of webinars on the Autism Spectrum Disorder (ASD) organised by Laois Offaly CYPSC Learning and Development Subgroup and funded by Healthy Ireland is currently underway. This series aims to build the 'autism toolkit' for people on the spectrum, parents, families, and professionals. The remaining three webinars will take place on the following dates:

- 13th Oct - Theory of mind & context blindness in ASD
- 20th Oct - Parents experience and what is available in the Laois & Offaly communities
- 27th Oct – Food aversion & ARFID (Avoidant, Restrictive, Food Intake Disorder)

For further details and registration contact – thespectrumseries1@gmail.com

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 like to register for this FREE webinar [CLICK HERE](#)

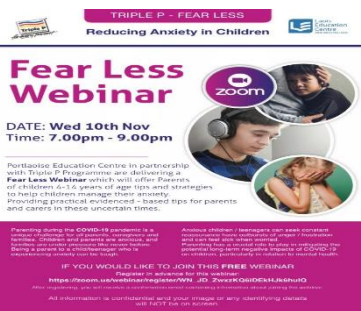


SAVE THE DATES!
WEDNESDAY'S WEBINARS 22nd SEPT. - OCT 27th
FOR 6 WEEKS, 11-12 NOON WEEKLY ON ZOOM

Date	Topic	Speakers
Wednesday 22 nd September	Life on the Spectrum	Siara & Holly Stone in conversation with New Place Early
Wednesday 29 th September	Assessment and Diagnostic Process	Dr. Feing Pages
Wednesday 6 th October	Getting your children ready	Ms. Sharon Deville
Wednesday 13 th October	Theory of mind & Context Blindness in ASD	Dr. Feing Pages
Wednesday 20 th October	Parents experience and what is available in the community in Laois & Offaly	Local Parents: Phyllis, Leona & Hilary; Library Staff
Wednesday 27 th October	Food aversion and ARFID (Avoidant, Restrictive, Food Intake Disorder)	Dr. Gillian Moran in conversation with Mairéad

Helpful online information on the Autism Spectrum Disorder (ASD)
Help to build your 'autism toolkit' for people on the spectrum, parents, families, and professionals.
Experienced International & Local Speakers from Laois & Offaly
Enquiries email us at thespectrumseries1@gmail.com

REGISTRATION LINK FOR ZOOM COMING SOON



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 4-14 years of age 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
<https://zoom.us/j/9262262428>

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](#).



SO Sensory Offaly

Sibshop Workshop for ages 8-12

Friday, October 1st
4.00pm-5.30pm

CYPSC Libraries
County Offaly Library
Offaly County Council

Mediation and Mindfulness Online Workshop: Midlands Louth Meath Recovery Education are hosting a 'Mediation and Mindfulness' Online workshop on Tuesday 26th October from 2pm – 4pm. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

[CLICK HERE](#) for registration and further details.



Midlands Louth Meath Community Healthcare Organisation
Mediation and Mindfulness

Online Workshop
Tuesday 26th October
2 pm - 4 pm

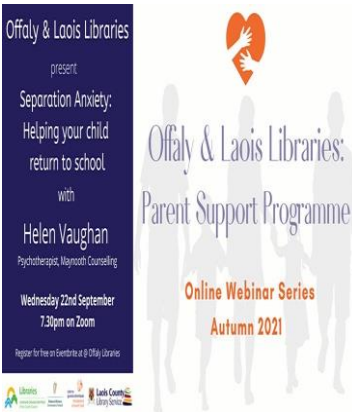
Want to support autistic children and young people to participate in community activities following Covid 19?



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.

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. Subjects covered will include mental health, internet safety, anxiety, nutrition, sexual health, behaviour, sleep patterns and toilet training. The [series](#) will run until the end of November and includes a variety of interesting and well-known speakers including Dr David Coleman, Dr Mary O’Kane and Sarah Sproule. Events will be hosted on zoom 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](#)



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](#)



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