

General Information/ Updates:

First 5 Key messages for parents: First 5 is a whole-of-Government strategy to improve the lives of babies, young children and their families to help make sure all children have positive early experiences and get a great start in life. First 5 have launched a series of very short information videos to help remind us all of the key messages around Covid-19 in an early years setting. Click on the video links below which can be found on the DCEDIY's YouTube channel.



- [Dealing with Covid-19 symptoms](#)
- [Wearing face coverings](#)
- [Play pods](#)
- [Making time for play](#)
- [Social distancing for staff](#)
- [Key messages for childminders](#)
- [Helping children through this](#)
- [Key messages for parents](#)

Consultation on National Model of Parenting Support Services

A collaborative working group set up by the Department of Children, Equality, Disability, Integration and Youth is currently developing a draft national model of parenting support services.

As part of this work the group would like to hear from a wide range of stakeholders with an interest in parenting supports. This includes parents, providers of parenting supports and others working with children and families.

The aim of this consultation is to gather thoughts and ideas on improving the development and delivery of parenting support services for all parents



Consultation on National Model of Parenting Support Services: The Department of Children, Equality, Disability, Integration and Youth have launched a public consultation on the development of a **National Model of Parenting Support Services**. The consultation will remain open until **16th April 2021**. The aim of the model is to develop a **more coherent and strategic approach to the development and delivery of parenting support services** so that all parents can access the support they need when they need it. For further information and to participate in the consultation, please see [CLICK HERE](#)

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

There are a wide range of resources available from your **local library** and on their social media platforms, click on your county library for further details:

[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#), and also you can check out the [Libraries Ireland website](#) for a wide range of resources and **Keep Well programmes**

There are a number of Healthy Ireland funded events & projects featured in this Information update. (See below for details)

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](#)



Growing Up in Ireland Special Covid -19 Survey Findings:

Growing up in Ireland (GUI) recently launched the first results from the special COVID survey of both GUI cohorts. Time with family, talking to friends online/ by phone and informal screen time increased for many young people. Nearly half of working 22 year olds lost a job or were temporarily laid off as a result of Covid-19. The full report is now available to download [HERE](#).

Information Bulletin – 9th April 2021

Youth Work Ireland Midlands Short Video Competition: Youth Work Ireland Midlands are inviting the **young people of Westmeath** to create a short video highlighting three different themes over the next two months. The videos are to deliver a positive message to your peers and the wider community to communicate the importance of Friendship, Connecting with others and managing school or work-life balance. Young people are asked to create a theme based video on the following:

1. April's theme is Friendships - the importance of bonding OR Overcoming Isolation & reconnecting.

2. May's theme is Managing school / life balance.

The competition will take place online. To enter, send in Videos via email to emcardle@youthworkmidlands.org or fmonaghan@youthwokmidlands.org or WhatsApp videos to 0863294763

Please attach the online registration form with your video which can be found [HERE](#) The competition is open to all young people, aged **10-18 years old in county Westmeath**. **All entrants are reminded to adhere to Covid19 guidelines at all times.**

This initiative is supported by Westmeath County Council, and funded through Healthy Ireland



Short Video Competition

Youth Work Ireland Midlands are inviting young people of Westmeath to create a video highlighting three different themes over the next two months.

Friendships - the importance of bonding or Overcoming Isolation & reconnecting. Closing date is the 23rd of April 2021
Managing school / life balance. Closing date is the 21st of May 2021

Age categories are 10-12 years, 13-15 years & 16-18 years.
€1,000 worth of prizes to be won, so it pays to be original and creative!

All entrants are reminded to adhere to Covid19 guidelines at all times.
The competition will take place online over email and WhatsApp.
Videos must be accompanied by an online application form.
https://docs.google.com/forms/d/1ksVxKaY6XW5UBglwvUk33jKZ4eqGA4_zuA1wG9zhCkA/edit
Send entries to: emcardle@youthworkmidlands.org / fmonaghan@youthworkmidlands.org or Whatsapp to 0863294763

This project is supported by:





2021 Programme, Announcement, Open Call, Placemaking, Public realm, Reimagine

Reimagine: Call for Projects

11.03.21

Reimagine: Call for Projects: The Irish Architecture Foundation has launched an open call for communities around Ireland to apply to their Reimagine Place making Programme. Open to applications from Voluntary & Community organisations, non-profits, Cultural organisations, Local Authorities, Public bodies, but not limited to same. Project groups should have a demonstrated link to the location of the project. **Closing date is Friday 16th May.** For further information [CLICK HERE](#)



Barnardos

COVID -19 Crisis Parent Supportline

1800 910 123

Open to all parents who need extra support at this time

10am – 2pm Monday – Friday

www.barnardos.ie RCN 90010027

Barnardos Parent Support Line: Barnardos understand that parents and children may be feeling a range of emotions at the moment due to the Covid- 19 pandemic.

Their parent support line is open Monday to Friday from 10am - 2pm for all parents who would like some extra support & advice.

☎ Call 1800 910 123



Coronavirus COVID-19

Public Health Information regarding Covid-19: Ireland are currently on [Level 5](#) of the [Resilience and Recovery 2020-2021: Plan for Living with COVID-19](#)

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

Webinars/ Training/Online Events:



Future Planning for Young People with Intellectual Disability, A Post School Options, Webinar Series, 11-12 Each Tuesday in April

April 6 | Planning | April 13 | Education

April 20 | Employment | April 27 | Community

To Register click [here](#)
For further information contact Petria Malone
Inclusion Ireland, 086-8373454 or petria@inclusionireland.ie

Logos: Inclusion Ireland, CYPSC Laois Offaly, hi healthy Ireland, pobal

Future Planning for Young People with Intellectual Disability, A Post School Options, Webinar Series: [Inclusion Ireland](#), in collaboration with Laois Offaly CYPSC, funded by Healthy Ireland, are hosting a series of webinars each Tuesday in April. This webinar series entitled “Future Planning for Young People with Intellectual Disability, A Post School Options”, is aimed at those experiencing intellectual disability, their family members, people who support individuals, or key professionals. The series which commenced on 6th April, will cover a wide range of topics in the coming weeks including:

April 13th, Education: Des Aston from the [Trinity Centre for People with Intellectual Disability](#) will present on third level options and Speakers from five of the programs from the [Inclusive National Higher Education Forum](#) will also present.

April 20th, Employment: Marie Devitt from the [Trinity Centre for People with Intellectual Disability](#) will present on the Pathways to Employment Programme and a student will share his experience. Des Henry from [WALK](#) will also present on employment and training options and students will speak to their experience.

April 27th, Community Supports: The [Muiriosa Foundation](#), a HSE Service, will present on the policy of [New Directions](#) for a person living in community and Avril Webster, a parent, and active in the newly formed [Inclusive Living Network](#), will speak about an alternative vision for life in the community.

To register for any of the Webinars listed above [CLICK HERE](#)

Any queries regarding the event can be sent to Petria Malone, petria@inclusionireland.ie, or phone 086-8373454



Join us for an insightful free presentation by Dietician Louise MacMahon on the topic of 'Food & Mood' Tuesday April 13th from 8-9pm

FOOD & MOOD!

Funded by Healthy Ireland - as part of our Family Wellness initiative

Logos: hi healthy Ireland, CYPSC Laois Offaly, Inclusion Ireland, The Food We Choose Makes a Big Difference

LW CYPSC Family Wellness Nutrition for Mind & Body Workshop: Lus na Greine Family Resource Centre are hosting a FREE one-hour online workshop with Dietician Louise MacMahon, on Tuesday evening 13th April 2021 from 8pm – 9pm. This presentation is part of the LW CYPSC Family Wellness Initiative which is being delivered to families across Counties Longford and Westmeath, funded through [Healthy Ireland](#).

The workshop has been developed based on feedback from local families who have reported the pandemic as having a negative impact on their dietary habits and also on their mood. The aim of the workshop is to reintroduce and reinforce the message of nutrition for mind and body!

For further information and for bookings contact Lus na Greine FRC by emailing hif@lngfrc.ie or phoning the centre on 043 6660977



Virtual **COMMUNITY DEVELOPMENT** Program

Q&A with Gardai

10th April 2021 7:00pm

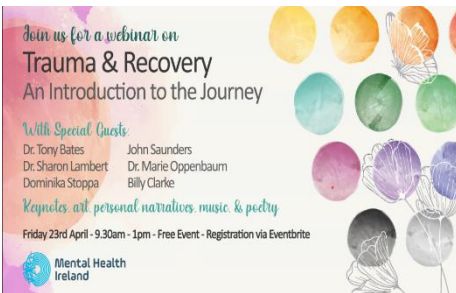
Presented to you by: Respond, LASC, CYPSC

Virtual Community Development Programme: [Respond, Co. Laois](#) have organised a Community Development programme to engage with the local community. This is a virtual information session with Gardaí in Laois aimed at engaging with minority communities.

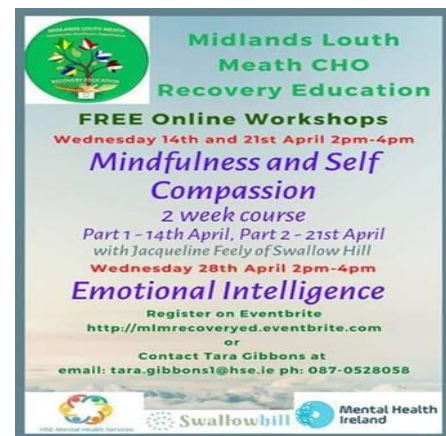
This programme will take place on **Saturday 10th April from 7pm.**

To register for the event please [CLICK HERE](#)

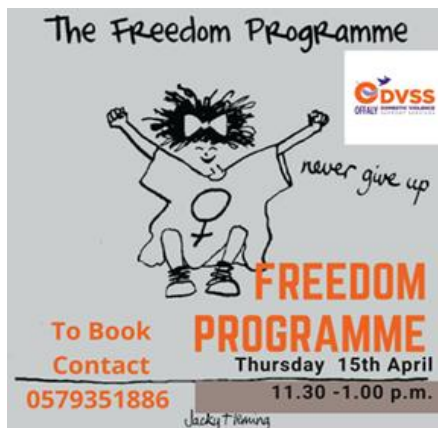
Information Bulletin – 9th April 2021



Trauma & Recovery: An Introduction to the Journey: [Mental Health Ireland](#) and partners from organisations across Ireland including UCC, Mayo Recovery College, Galway Recovery College, the Office of Mental Health, Engagement & Recovery, Carmha Ireland, and others have come together to coproduce an event to begin to explore trauma, recovery, and the journeys we travel with them. The **FREE webinar** entitled “Trauma & Recovery An introduction to the Journey” will take place on Friday 23rd April 9.30am – 1pm **Special guests Dr. Tony Bates, Dr. Sharon Lambert, Billy Clarke, Dominika Stoppa, Dr. Marie Oppeboen, and John Saunders** are presenting at the webinar. The theme will be explored through keynotes, personal narratives, art, music, poetry, and a panel with a Q&A. To register please [CLICK HERE](#)



Midlands Louth Meath CHO Recovery Mindfulness & Self Compassion Workshops: HSE Connecting for Life, Mental Health Ireland and Swallowhill, are running a two week course on Mindfulness and Self Compassion. Everyone is welcome to attend and there is no pressure to engage should you choose to just sit and listen. The aim is to create all of the workshops collaboratively with people with lived experience of mental health issues, their family members/carers/supporters, community partners and staff working in the mental health services, with everyone's contribution equally valued. These sessions are free and open to anyone (aged 18+) with an interest in mental health and well-being. You can book a place at one of the April online modules [HERE](#) You can also book a place by contacting Tara Gibbons on tara.gibbons1@hse.ie or 087 052 8058



ODVSS – The Freedom Programme: Offaly Domestic Violence Support Services are delighted to run their first Freedom Programme which explores the tactics used by the perpetrator. This online course is suitable for victims/survivors of domestic violence and abuse, along with front line staff who engage with victims/survivors. The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed. **The first programme is scheduled online for Thursday 15th April from 11.00 a.m. to 1.00 p.m.** For information and booking contact 0579351886 or email supportwork@odvss.ie Referrals also taken.

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