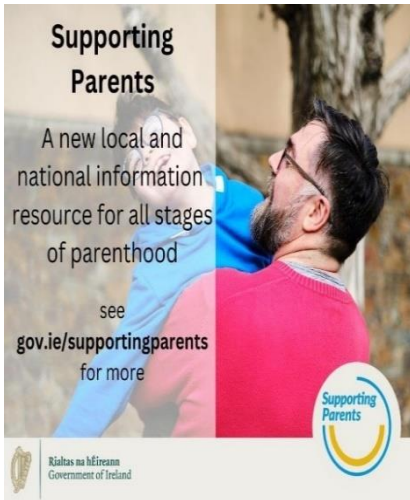


## General Information/Updates:

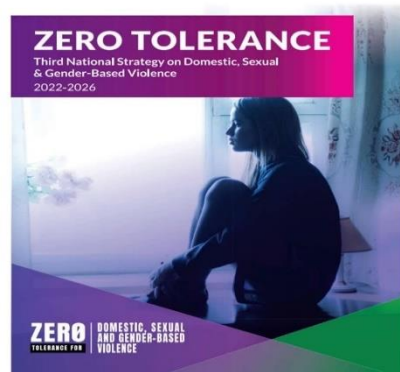


**Supporting Parents Initiative – Resources:** Parenting is both rewarding and challenging, and whatever age your child is and no matter how experienced you are, all parents benefit from a little support and advice from time to time.

Supporting Parents is a national model for parenting support services, which takes a whole-of-government approach to improving supports for parenting. It follows a commitment to improve existing parenting supports provided across a range of government departments and State agencies, through the development of a national model. **The vision of Supporting Parents is for all parents to be confident and capable in their parenting role, helping to achieve the best outcomes for children and families.**

The Supporting Parents initiative is bringing together trusted, high quality resources all available in one place, to help you navigate your parenting journey.

[CLICK HERE](#) to access this wide range of supports and resources.

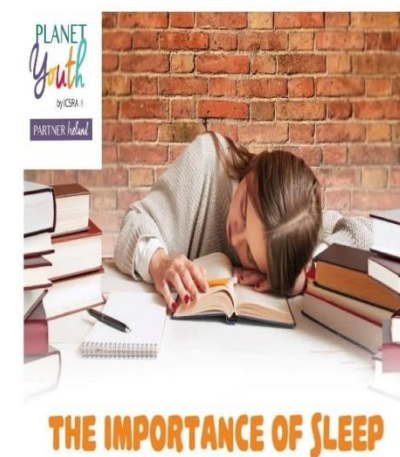


### Launch of the 2024 implementation plan for Zero Tolerance Strategy:

The Minister for Justice, Helen McEntee TD, has published a targeted 2024 implementation plan for further delivery of Zero Tolerance, the Third National Strategy on domestic, sexual and gender-based violence (DSGBV).

When launched in June 2022, Zero Tolerance was accompanied by an implementation plan for the first 18 months. Since then, progress has been made across the Strategy's four pillars of prevention, protection, prosecution and policy co-ordination

A key action was the establishment of Cuan, the statutory DSGBV agency which the Minister officially opened in February, and Cuan now takes over coordinating and driving the implementation of the Strategy. For further details [CLICK HERE](#)

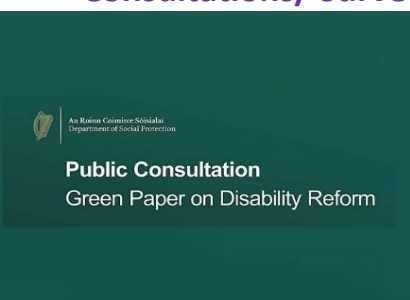


**The Importance Of Sleep – Teaching Module for Schools:** [Planet Youth Ireland](#) have developed a teaching module for schools on the topic of [‘The Importance of Sleep’](#) in response to the findings of the 2020 and 2022 Planet Youth surveys.

These surveys have highlighted a very significant issue related to lack of sleep for teens and the dramatic impact this is having on their wellbeing. CSPE, PE and SPHE provide the main pillars for building a school's wellbeing programme, yet the topic of sleep is not given a lot of attention within these curricula.

This short module explores the topic and science of sleep, asks the students to reflect on their own sleep practices, and examines some ways they could improve the amount and quality of sleep they are getting. It is hoped schools find the module of use and can find room for it as part of their overall wellbeing programme.

## Consultations/ Surveys:



### Public Consultation on the Green Paper on Disability Reform:

The deadline for the public consultation on the Green Paper on Disability Reform is being extended to 31st July 2024 in response to requests from individuals, Disabled Person's Organisations and disability groups to have further time to make their submissions.

The Green Paper, published in September 2023, is a discussion/consultation document on how best to support people with disabilities into the future.

For more information visit [Gov.ie/DisabilityPaymentsReform](http://Gov.ie/DisabilityPaymentsReform).

## Webinars/ Training/ Events:



**TRAUMA INFORMED CARE CONFERENCE**  
Trauma Informed Care Taking Action Collectively  
#TicTac

**1st & 2nd May 2024**

**Dr. Caroline Maguire**  
Social Care Work Programme Director  
TUSLA, Laois

**Clairo Kearney**  
Education and Training Manager  
Laois Offaly

**Dr. Marie Luddy**  
Clinical and Social Work Practice  
Laois Offaly

**Fai Davy**  
Senior Lecturer  
Laois Offaly

**Marie Blaney**  
Social Worker & Co-ordinator of  
Community Care Support  
Laois Offaly

**Dr. Kaitiana O'Sullivan**  
Associate Professor, Trauma-Informed  
Practice, Psychology & Counselling

**Dr. Joanna Fortuna**  
Senior Lecturer, Health, Behaviour &  
Wellbeing

**Suzanne Pringle**  
Senior Lecturer, Health, Behaviour &  
Wellbeing

**Carol Duffy**  
Senior Lecturer and Co-ordinator of  
Professional Practice

**Deirdre McLaughlin**  
Social Worker & Co-ordinator of  
Community Care Support

A multi-agency collaborative approach to support the delivery of a Trauma Informed Model of care across services in the Midlands area, increasing awareness and developing a toolkit of practical techniques to enhance service delivery.

**Longford Westmeath Trauma Informed Care Conference:** Longford Westmeath CYPSC in collaboration with multiple partner agencies will host a Trauma Informed Care Conference on 1<sup>st</sup> and 2<sup>nd</sup> May in Bloomfield House Hotel, Mullingar. The commitment of so many collaborative partners is reflective of the dedication of services across Longford, Westmeath and the Midlands area, to truly embedding a trauma informed model of care throughout our services collectively. Registration is by invite only, invitations will be issued through the Longford Westmeath CYPSC network. CYPSC are county-level committees that bring together the main statutory, community and voluntary providers of services to children and young people. They provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services.

For further details regarding the two Midlands CYPSC please see links below:

Longford Westmeath CYPSC [CLICK HERE](#)

Laois Offaly CYPSC [CLICK HERE](#)



**Toilet Training for Parents**  
WEDNESDAY 10 APRIL  
7.30 - 8.30 PM

INTERACTIVE ZOOA SESSION

THIS TRAINING IS DESIGNED TO SUPPORT PARENTS THINKING OF OR WHO HAVE STARTED THE TOILET TRAINING PROCESS.

PRACTICAL STRATEGIES YOU CAN UTILISE WHEN TOILET TRAINING  
Includes Q&A

BOOKING AT:  
<https://ncn.ie/events/toilet-training-for-parents-carers-5/>  
PASSWORD: ncn1

Free & Funded by:  
CYPSC  
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES  
Longford Westmeath

FACILITATOR: LAURA WARD  
Early Years Quality Support Specialist for Preschools  
Childhood Network

FACILITATOR: KATHLEEN HUGENT  
Quality Support Specialist for Birth to Three  
Childhood Network

**Toilet Training Webinars for Parents/ Caregivers:** Longford Westmeath CYPSC are delighted to announce the roll out of two Toilet Training Webinars for parents/ caregivers in collaboration with the National Childhood Network on 10<sup>th</sup> April and 8<sup>th</sup> May.

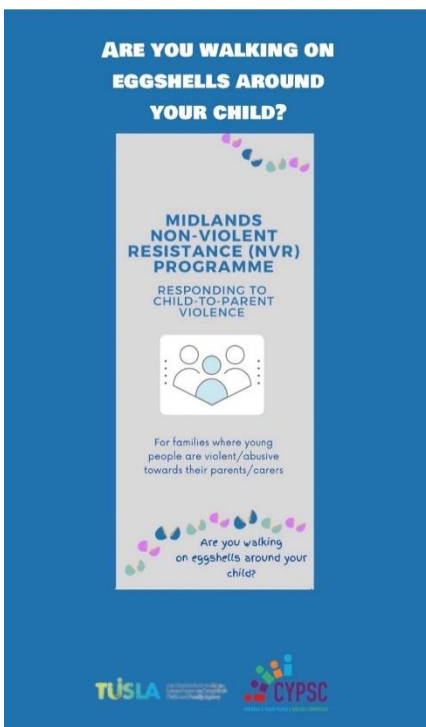
To register for the upcoming Parent Toilet Training Webinars, please click on the link below for the chosen date and enter the corresponding password:

Wednesday 10th April <https://ncn.ie/events/toilet-training-for-parents-carers-5/>

Password: ncn1

Wednesday 8th May <https://ncn.ie/events/toilet-training-for-parents-carers-4/>

Password: ncn2



**ARE YOU WALKING ON EGGSHELLS AROUND YOUR CHILD?**

**MIDLANDS NON-VIOLENT RESISTANCE (NVR) PROGRAMME**  
RESPONDING TO CHILD-TO-PARENT VIOLENCE

For families where young people are violent/abusive towards their parents/carers

Are you walking on eggshells around your child?

TUSLA  
CYPSC

**Midlands Non-Violent Resistance (NVR) Programme 2024:** Are you walking on eggshells around your child? NVR is a non-judgemental programme that helps re-build confidence in parents / carers. The [NVR programme](#) is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour. NVR helps to empower parents/carers to take positive action to end the violent and controlling behaviour experienced by learning new ways to deal with certain patterns of behaviour and repair the damaged relationship between the parent and the child. The NVR programme will be delivered in two locations this April 2024, see registration details below:

Commencing **10<sup>th</sup> April, 10am – 12pm – Tullamore Family Resource Centre.**

To register contact

Jamie at 0876010116 or Emily at 0857671464 or by email at [children@odvss.ie](mailto:children@odvss.ie)

Commencing **17<sup>th</sup> April, 10:30am – 12:30pm – Mullingar Primary Care Centre**

To register contact

[lindam.mccann@tusla.ie](mailto:lindam.mccann@tusla.ie) 0871029890 or [angelam.egan@tusla.ie](mailto:angelam.egan@tusla.ie) 0870911425

Additional programmes will be rolled out during 2024 at various locations across the midlands area.

If you would like further information regarding the NVR programme [CLICK HERE](#)

## Barnardos National Wellbeing Project

### Free Parents/Guardians Wellbeing Programme

Together we will do some gentle breathing and movement to improve our sleep, reduce stress and make us feel calm and relaxed.

Tea and coffee provided.

To sign up contact Sinead by phone or WhatsApp on 086 103 6156. Places are limited.

**Where?**  
Athlone Library

**When?**  
Starting Wednesday April 10th 2024 for 6 weeks.

**Time:**  
10:00am - 11:00am



**Barnardos**  
Because childhood lasts a lifetime

Keeping your child safe... should not have any child protection concerns for your child. Alternatively contact your local child care centre or the social work department (Dún). This is in line with Barnardos Child Protection Policy and National Children's First Aid 2023.

## Barnardos Wellbeing Programme for Parents in Athlone area:

A FREE wellbeing programme for parents/ caregivers is commencing on Wednesday April 10<sup>th</sup> from 10am to 11am and will take place over 6 weeks in Athlone Library.

The programme will consist of gentle breathing and movement techniques to improve sleeping, reduce stress and to provide a calm space of relaxation.

Tea and coffee also provided.

To register Text or WhatsApp Sinead on 086 103 6156

## Spring into Storytime: Libraries around the country are taking part in [Spring Into Storytime](#) this April.

There will be lots of fun Storytime events & activities taking place at your local library this Spring! Call into your library or follow them on social media to see what's happening in your area.

For information on what is happening in your local area contact your local library [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#) or keep an eye on your local libraries social media platforms for upcoming events!

## Longford Westmeath CYPSC Go Purple Day Event 2023: **Go Purple Day** is a joint initiative between An Garda Síochána and Domestic Abuse Services Nationwide to raise awareness about Domestic Abuse. The initiative was created by Community Garda Stacey Looby, Athlone Garda Station to create national awareness of Domestic Violence and to consolidate community partnerships between Domestic Violence Services and An Garda Síochána.

In support of Go Purple Day Longford Westmeath Domestic Abuse Local Area Network, under the auspices of Longford Westmeath CYPSC, are hosting a Go Purple Day event for the two counties on **Monday 29th April hosted by Longford Women's Link, Ardnacassa Longford from 11am to 1pm.**

This event will bring together key community organisations working in the area of Domestic Abuse for the formal launch of [the LW Domestic Abuse Resource Pack](#).

To register to attend this FREE event, please click on the following Eventbrite Link – [LW Go Purple Day Event 2024](#). **Due to limited capacity, early booking is essential.**

## Coffee Mornings for Parents of Children with Additional Needs - Longford: Longford Coffee Morning for parents of children with additional needs is a collaboration supported by LW CYPSC with lead partners - AIRC Midlands, Longford County Childcare Committee and Longford Community Resources Clg. The group will meet again on 22<sup>nd</sup> April 2024 in Longford Community Resources Clg.

This is a FREE group for parents of children of all ages. There is also a play area available for parents of young children.

To book your place please email [aircmidlands@gmail.com](mailto:aircmidlands@gmail.com) or phone 086 150 6416




**Longford Westmeath Domestic Abuse Local Area Network**  
Go Purple Day Event  
29th April 2024  
Time: 11am - 1pm  
Hosted by Longford Women's Link

Formal launch of the LW Domestic Abuse Resource Pack

Limited capacity - early booking advised - email [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) for registration link

An Longford Longford An Iarmhí Westmeath

Longford Westmeath DOMESTIC ABUSE RESOURCE PACK



**Coffee Morning for parents of children with additional needs**  
Date: Monday, April 22  
Time: 10am-12:00pm

Contact: Sarah on 086 150 6416 [aircmidlands@gmail.com](mailto:aircmidlands@gmail.com)

Venue: Longford Community Resources (LCRL) Templemichael, Longford N39 RH22 (located beside Tenlens Factory on the road beside the fire station and the Mall)

**ALL WELCOME- FREE NO ADVANCE BOOKING/DROP IN**

PLAY AREA FOR SMALL CHILDREN



# DRIVE

Drug Related Intimidation & Violence Engagement  
An interagency response in Ireland



**Drug Related Intimidation Reporting Programme Briefing:** Due to popular demand the online Drug Related Intimidation Reporting Programme Briefing organised for the **18<sup>th</sup> of April is full** and a further briefing will take place from **11am – 12pm** on the **25<sup>th</sup> of April**. This briefing session will provide workers with information about the structured intervention for individuals and families that are experiencing drug related intimidation. This information may help build confidence and enhance capacity of workers responding to this issue. To register for this event please [CLICK HERE](#)

If you have any queries please email Siobhan at [drive@ndublinrdtf.ie](mailto:drive@ndublinrdtf.ie)



**Helium Arts Spring/ Summer Programme 2024:** The award-winning Irish charity, Helium Arts are running **FREE Art Programmes** over the coming months. Helium Arts provide children with lifelong physical health conditions a chance to explore their creativity and grow in confidence, while making new friends and having fun along the way. Supported conditions include diabetes, epilepsy, cystic fibrosis, allergies, heart conditions, asthma, spina bifida, juvenile arthritis, rare or complex conditions and many more.

Consisting of both online and offline creative activities, this programme is available nationwide. For the full list of workshops and webinars including registration details please [CLICK HERE](#).



Open Evening



**Professional Certificate in Children and Loss (Level 9):** Applications are now invited from professionals whose work brings them into contact with children who are bereaved through a family death or parental separation. [This Professional Certificate in Children and Loss](#) course aims to equip professionals who work with children/adolescents with the skills to understand and support them when grieving. The course will be of interest to social workers, teachers, chaplains, social care workers, psychologists, counsellors and others who meet bereaved children in their work. Course details, schedule of dates, and application procedure can be found [HERE](#) The closing date for receipt of completed applications is **7 May 2024**.

An online [open information evening](#) for prospective applicants who would like to learn more about the course will take place on 17th April at 7pm, bookings for this event can be made [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 [X](#), or LO CYPSC on [Facebook](#) and/or [X](#)  
or you can  
email the coordinators at:  
Longford Westmeath CYPSC: [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) or  
Laois Offaly CYPSC: [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie)  
[www.cypsc.ie](http://www.cypsc.ie)