

## General Information/Updates:

**National Policy Framework for Children and Young People:** Young Ireland is the new policy framework for children and young people aged 0-24. It covers the period from 2023-2028, and envisages an Ireland in which all children and young people can fully access their rights. It is focused on tackling the biggest challenges that affect children and young people in Ireland today, and setting up robust structures so children's rights are foremost whenever we make decisions affecting the lives of children and young people.

A new [Children and Young People's Indicator Set](#) has been released to compliment the Young Ireland National Policy Framework for Children and Young People. For further details regarding the framework [CLICK HERE](#).

**Safer Internet Day 6<sup>th</sup> February:** Safer Internet Day is just around the corner, and we hope that you will join in the celebrations on Tuesday, February 6<sup>th</sup>!

Safer Internet Day (SID) is an EU wide initiative to promote a safer internet for all users, especially for children and young people. Coordinated and promoted in Ireland by [Webwise](#), Safer Internet Day has grown to become the key date in the online safety calendar. If you are a school, club or organisation you can contact Webwise and let them know what you will be doing to support Safer Internet Day by [CLICKING HERE](#)

Longford Westmeath CYPSC Youth Forums have also created a video series that explores Social Media from a young person's perspective and encourages adults to **'Don't ban us, Understand us'** when it comes to using the internet. Click on the links below to view each of their short videos:

- [Let's Chat SnapChat](#)   [Cyberbullying](#)   [Investigating Instagram](#)   [Lets Talk Tik Tok](#)
- [Finding Facebook](#)   [Let's Get Smart on Social Media](#)

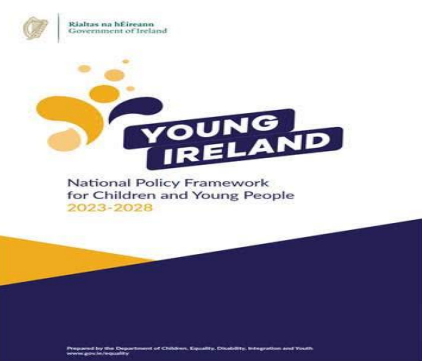
**Ireland Reads – Squeeze in a Read:** Ireland Reads takes place on Saturday 24<sup>th</sup> February. Ireland Reads is a National Day to celebrate reading. One minute, ten minutes, an hour, or more – it doesn't matter how long you read for or what you read! Why? Because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing.

Ireland Reads is a is an initiative of the government of Ireland, funded by Healthy Ireland and supported by public libraries, and many organisations that promote literacy and the arts. Throughout February and especially on Ireland Reads Day, we're calling on people across Ireland to get lost in a good book. So go on #GetLost

Check in with your local Library to celebrate the day (links to local libraries below) and check out [www.irelandreads.ie](http://www.irelandreads.ie) and take the pledge to squeeze in a read on February 24<sup>th</sup>! [Longford Library](#)   [Westmeath Library](#)   [Laois Library](#)   [Offaly Library](#)

**Learning at Home for Early Years:** The National Parents Council are offering a free online programme on Early Learning at Home. This 35-minute course helps to educate parents around the importance of learning at home and enable them to support their children's learning and development. As your child develops and grows most of their learning happens at home.

You are the primary educator and the main role model for your child. Your attitudes about education and learning can inspire them to take charge of their own educational journey. You make a real difference to your child's learning outcomes. Your child receives support with their learning from you and often your provide this support at home without even realising it. To access the training video [CLICK HERE](#).





**Creative Youth on a Shared Island Funding Scheme:** The Creative Youth on a Shared Island scheme seeks to reach children and young people across the island of Ireland. Their aim is to harness the experience and expertise of organisations working in the creative, cultural, arts, community and youth sectors to engage young people. The aim is to bring children and young people together and nurture a sense of collaboration, understanding and hope for the future, through a creative medium. They are seeking projects from partnerships that are of significant scale and ambition. Applications should have at least one partner based in each jurisdiction.

Grant funding of up to €180,000 will be awarded to at least 3 projects. It is envisaged that at least one grant will be awarded to a partnership that targets seldom heard children and young people. The projects should run between June 2024 to December 2025.

The closing dates for applications is the 25<sup>th</sup> March 2024 and a full briefing document, FAQ document and application form is available at the following links:

[Briefing Document in English](#)      [FAQ](#)      [Applications](#)



**National Advocacy Service for People with Disabilities (NAS) & the Patient Advocacy Service - Launch of the Casebook 2023:** The National Advocacy Service for People with Disabilities (NAS) and the Patient Advocacy Service are delighted to announce the launch of the second annual Casebook. The Casebook contains a selection of the many advocacy cases worked on by both Services in 2023, covering topics such as access to justice, capacity building, parenting with a disability, housing, and healthcare & nursing home complaints. The Casebook provides an insight into how independent, professional advocacy can positively impact on people’s lives and protect their human rights. It illustrates the diverse range of people who access advocacy services in Ireland and the many issues covered by both NAS and the Patient Advocacy Service. You can find both Casebooks at the links below:

[National Advocacy Service for People with Disabilities Casebook 2023](#)

[Patient Advocacy Service Casebook 2023](#)



**Vaping and E-Cigarettes Resources & Information:** The HSE supported by Healthy Ireland, have developed a suite of resources, including teaching resources, information and fact sheets to assist in educating young people regarding the dangers associated with vaping and E- Cigarettes.

The Government, through its 2013 “Tobacco Free Ireland” Policy, set a target of a smoking prevalence of 5% by 2025. In 2022, the smoking prevalence was 18%, down from 23% in 2015 when the Healthy Ireland surveys first began, however smoking prevalence has remained stalled at 18% in Ireland in the last three years. Tobacco Free Ireland states that **“the protection of children must be prioritised in all of the initiatives outlined in the policy”** and that **“denormalisation must be a complementary underpinning theme for all of the initiatives within the policy”**.

For further details, to download resources, as well as information on the Quit4Youth programme [CLICK HERE](#)



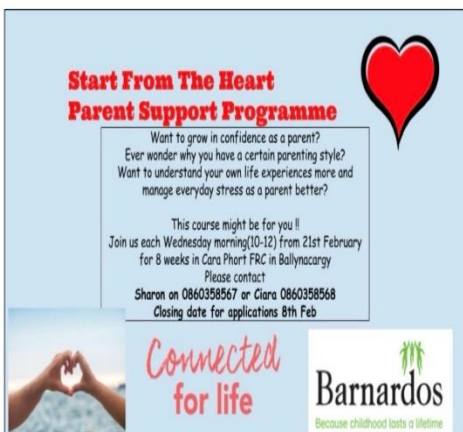


**Health and Wellbeing Podcasts – Midlands Area:** A series of health & wellbeing podcasts have been produced in the Midland counties. These podcasts capture a wide range of diverse and interesting conversations with a range of professional staff working across the Statutory, Community & Voluntary sector in the Midlands. Other guests include Author Stella O'Malley, Counsellor, and Psychotherapist, and Author John Lonergan former Governor of Mountjoy Prison. These thought-provoking conversations give fascinating insights into the experience and knowledge gained by these staff working across communities. An example of topics include:

[It takes a village](#), [Building Resilience](#), [Domestic Abuse](#), [Parenting](#), [It's Playtime](#), [Fear Less](#), [Sport & Youth Mental Health](#) and [The Modern Family](#).

The podcasts have been created through a collaborative partnership with HSE Health Promotion & Improvement (Midlands Louth Meath CH0 8), HSE Resource Office of Suicide Prevention (Laois Offaly), Westmeath Community Development, Offaly Local Development Company, Laois Partnership Company, and Longford Community Resources clg.

## Webinars/ Training/ Events:



**Start From The Heart Parent Support Programme**

Want to grow in confidence as a parent?  
Ever wonder why you have a certain parenting style?  
Want to understand your own life experiences more and manage everyday stress as a parent better?

This course might be for you!!  
Join us each Wednesday morning (10-12) from 21st February for 8 weeks in Cara Phort FRC in Ballynacargy.  
Please contact Sharon on 0860358567 or Ciara 0860358568  
Closing date for applications 8th Feb

*Connected for life*

**Barnardos**  
Because childhood lasts a lifetime

### Start from the Heart Parent Support Programme – Ballincarrigy/ Mullingar area:

A Start from the Heart Parent Support group, hosted by Barnardos, will commence on 21st February and will run for 8 weeks. The programme will take place in Cara Phort FRC each Wednesday morning from 10am – 12pm for the duration of the programme.

The programme introduces the latest research on neuroscience, brain development, attachment and the impact of childhood trauma. In a supportive environment the programme explores how stress, relationships and early experiences impacts throughout the parenting journey. The programme share ideas and techniques that will help parents build their self-esteem, self-awareness and enhance their physical and mental health, thus in turn strengthening the parent- child relationship and journey. Start from the Heart Parents Programme is supported by LW CYPSC. Details of other Start from the Heart programmes across the midlands area will be announced shortly. Limited places are available on the programme.

For further details and/or to register please contact Sharon on 086 035 8567 or Ciara on 086 035 8568. Registration closes on 8th Feb.




**Children's Bereavement Support Group.**

6 weekly sessions  
5.30 pm - 6.30pm  
(arrive at 5.20)  
Starting: 20th Feb 2024

(7 to 12 yrs)  
At LARCC  
Regardless of the nature of the bereavement

Symptoms of grief:  
• Anxiety  
• Irritability  
• Behavioural Problems  
• Anger

For further information  
Contact LARCC  
044 9371971  
admin@cancersupport.ie

CANCER SUPPORT SANCTUARY  
RTE TOY SHOW APPEAL

### Children's Bereavement Support Group: [Cancer Support Sanctuary LARCC](#)

(Lakelands Area Retreat & Cancer Centre) is a National Cancer Support Centre which offers psychological and emotional support to people living with cancer, providing a homely environment where patients and family members can engage in a selection of services including one to one counselling, complementary therapies, nurse support, telephone helpline group therapy classes and courses.

The next children's bereavement support group will commence on Tuesday 20<sup>th</sup> February and will run for 6 weeks, 5:30 – 6:30pm for children aged 7 – 12years. For further information please contact 044 93 71971 or email [admin@cancersupport.ie](mailto:admin@cancersupport.ie)



**Esker House International Women's Day Event:** Esker House Domestic Abuse Support Service, are hosting an International Women's Day Celebration on the 8th of March 2024. You are invited to join us in an afternoon full of appreciation for Women and Women's contribution to society. With inspirational speakers discussing the trials and tribulations of running your own business; health, hormones and nutrition; curating spaces to in your home that add joy and functionality; emerging from an abusive relationship to create a sisterhood of support and lifesaving support programme. The event will involve a lunch, guest speakers and sharing the space with like minded women in a supportive, enjoyable and engaging setting. With a few goodies also on the day! Esker House will also be launching their new Website, new Freephone Helpline number and their Community Safe Spaces Campaign!!

There are limited number of tickets available and early booking is advised.

For further enquiries please contact [eskerproject@eskerhouse.ie](mailto:eskerproject@eskerhouse.ie)



**Barnardos Online Safety for Parents Webinar:** Barnardos will host two **FREE Webinar son Online Safety for Parents** during the month of February, on 8<sup>th</sup> and 28<sup>th</sup> of Feb. This is a very useful and informative resource for parents and is timed to coincide with young people who may be getting smartphones and other internet enabled electronics for Christmas. These webinars are normally 45 minutes in duration and the information covered will include:

- Outline the key risks for children with being online
- Implement practical solutions and tips to help their children stay safe online
- Reflect on how parents might help their children if they were cyberbullied/cyberbullying
- Recognise ways to interact with your child's online world and day to day experiences
- Identify helpful websites and research and signpost to others

For further details or to register for the webinar please [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](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)