

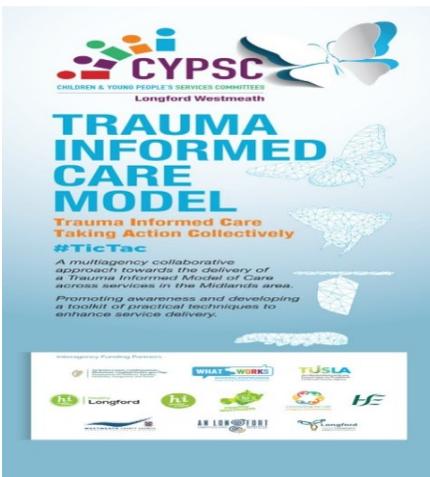
## General Information/Updates:

### Longford Westmeath Trauma Informed Care Taking Action Collectively:

Longford Westmeath CYPSC would like to thank everyone for their positive feedback and participation at the second Longford Westmeath Trauma Informed Care Taking Action Collectively (TIC TAC) Conference which recently took place on 28<sup>th</sup> May in Athlone Co. Westmeath.

The aim of this collaborative TIC TAC initiative is to increase awareness of the impact of trauma as well as promote a trauma informed environment amongst local child and family services which enables enhanced engagement and improved outcomes for all delivered through a trauma informed lens.

If you would like to learn more about the TIC TAC initiative or indeed join the local working group or mailing list please email [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie)



### Safe Harbour – Children’s illustrated story book for those bereaved by

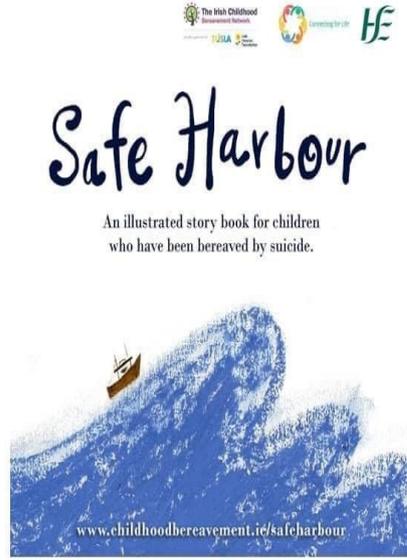
**suicide:** This beautiful, free illustrated story book ‘[Safe Harbour](#)’ that supports children who have been bereaved by suicide, was recently promoted and discussed at the LW Trauma Informed Care Conference, Taking Action Collectively.

Written by Patricia Forde and illustrated by visual artist Bronagh Lee, this resource empowers parents or carers to have difficult conversations safely with their child around this sensitive topic. The content in Safe Harbour has been developed by bereavement experts, professionals and people with lived experience.

It is accompanied by 'Safe Harbour: A Helpful Guide for Parents and Carers', which outlines how parents or carers can practically use the book. The guide is also helpful for any professionals who would like to integrate Safe Harbour into their work to support a child who has been bereaved by suicide.

Safe Harbour is dedicated to bereaved children and families in Ireland.

The [Safe Harbour](#) website has additional information on how to use the book, activities and signposts Bereavement Services for Children.



**Foster Families Needed in Midlands area:** Tusla - Child and Family Agency in the Midlands is in urgent need of kind and loving foster families for children of all ages from birth to 18 who for various reasons cannot live with their parents.

Some of the reasons are alcohol addiction, drug addiction and mental health issues. Foster families are required on an emergency, respite, short term and long term basis.

If you would like to find out more please visit [www.tusla.ie/midlands](http://www.tusla.ie/midlands)

### Laois & Offaly Child & Youth Services website:

Laois Offaly [Open Up website](#) is a signposting website to child, youth and family services in Laois and Offaly.

This is a website that can be used to share information across all the services that support children, young people and their families across the counties of Laois and Offaly





**Summer Stars Libraries Ireland National Reading Programme:** Summer Stars is the free national reading programme for children that takes place in all public libraries and online. The Summer Stars programme runs throughout the summer until 30<sup>th</sup> August 2025. All children throughout the country are invited to join the adventure and to enjoy the fun and pleasure of reading and writing over the summer. Summer Stars is non-competitive and every child who reads even one book/ eBook is regarded as having completed the programme – and it’s all completely free!

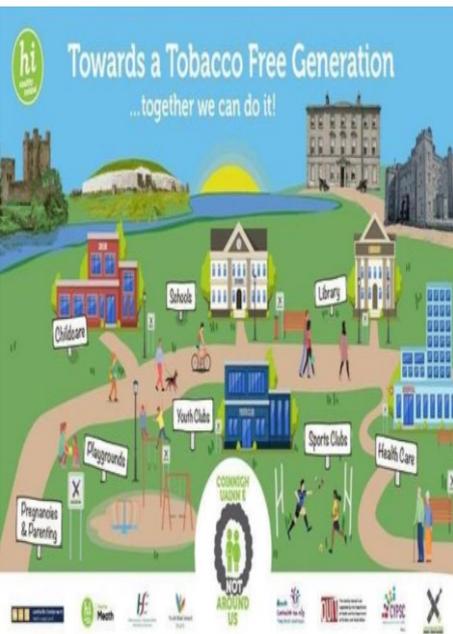
For further information [CLICK HERE](#) or visit your local library (links below)  
[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)



**Sun Smart Campaign:** As part of the Sun Smart campaign the HSE’s National Cancer Control Programme, in collaboration with Healthy Ireland and cross-sectoral partners are working together to support people to protect their skin from the sun.

The aim of the campaign is to increase awareness of the steps you and your family can take to protect your skin from the sun and reduce your risk of skin cancer in Ireland.

For further information, resources, tips and videos on how you can be SunSmart and protect your families skin from the sun [CLICK HERE](#)



**Not Around Us:** The ‘Not around us’ campaigns led out by Healthy Longford and Healthy Westmeath have been formally launched in recent months in both counties. (Launch video for County Longford can be viewed [HERE](#)). This initiative aims to create smoke and vape free environments for children and young people. The purpose of Not Around Us is to:

- Help protect children and young people from second-hand smoke exposure.
- Contribute to the denormalisation of smoking for children and young people.
- Reduce environmental nuisance, cleaning and damage discarded tobacco create.
- Signpost to [HSE QUIT services](#).

Further development and promotion of this interagency collaboration will continue in the months and years ahead. If you would like further information or to become involved please contact –

County Longford - [lmchugh@longfordcoco.ie](mailto:lmchugh@longfordcoco.ie)

County Westmeath - [healthycommunities@westmeathcoco.ie](mailto:healthycommunities@westmeathcoco.ie)



**Let’s Get Ready:** The [Let’s Get Ready](#) webpage focuses on children’s transitions to pre-school, school and childcare services. It include lots of information and resources to help parents and children “Get Ready’ as well as child friendly video clips addressing this transitional period.

The Let’s Get Ready campaign by the Department of Children, Disability and Equality (DCDE) aims to support parents & children and help them know what to expect when they start pre-school, crèche, school or go to a childminder.

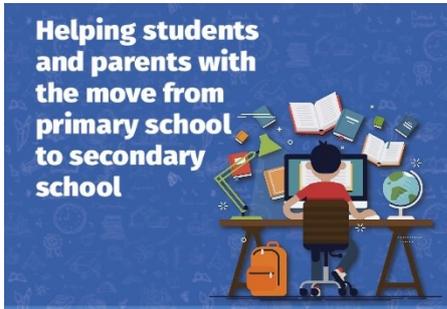
For further information [CLICK HERE](#)



**StepUp to Secondary School:** StepUp is a part of the Planet Youth initiative that is underway in counties Roscommon, Mayo and Galway. The [StepUp website](#) has been developed in order to assist both students and their parents in making the move between primary and secondary school.

This website should help young people to get a bit more ready for secondary and hopefully explain a lot of the things they want to know. There may also be a few things they haven't thought about.

StepUp is written first and foremost for young people but parents also find it a useful tool in helping prepare their child for secondary school. For more information, please [CLICK HERE](#)



## Webinars/ Training/ Events:

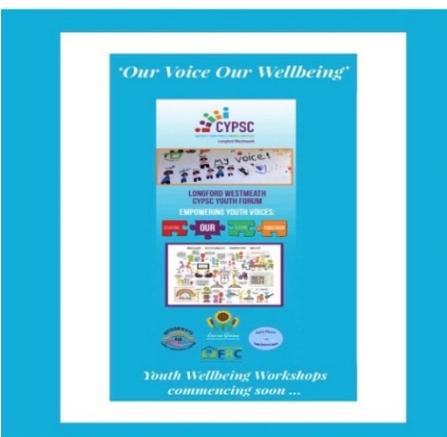


**Longford Westmeath Family Wellness Programme:** The [LW CYPSC Family Wellness Programme](#), funded by Healthy Ireland takes place this Summer and autumn at multiple venues in Longford and Westmeath.

The aim of the programme is to support families to reduce/eliminate toxic stress and anxiety harmful to family wellbeing and promote long lasting and effective life style habits and change for all members of the family.

Workshops will take place in Athlone, Mullingar, Ballinacarrigy, Granard and Ballymahon. Details of a number of the Ballymahon summer workshops are below.

Keep an eye on LW CYPSC Social Media Platforms for details of workshops across the two counties or contact [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) who will put you in touch with your nearest participating host organisation.



**'Our Voice Our Wellbeing' – Youth Health Initiative:** The LW CYPSC youth forums are delighted to once again host the LW CYPSC ['Our Voice Our Wellbeing'](#) programme 2025, which will take place over the coming months.

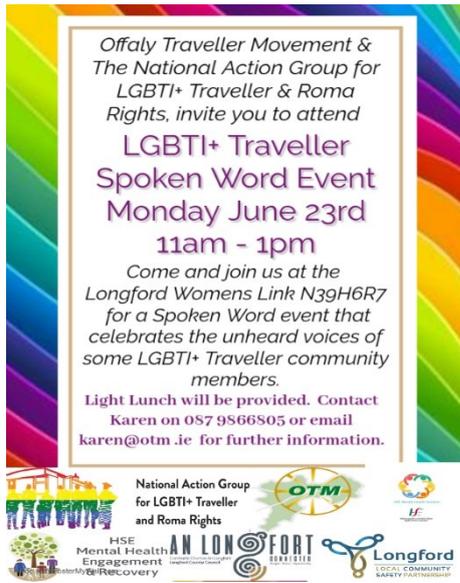
Workshops will take place in Athlone, Ballinacarrigy, Granard and Ballymahon and places on the programme are open to children and young people in Counties Longford and Westmeath to join with their local CYPSC Youth Forum's in promoting health and wellbeing for all.

Keep an eye on LW CYPSC Social Media Platforms for further details or contact [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) who will put you in touch with your nearest participating host organisation.



**Let's Talk About Suicide:** Let's Talk About Suicide is a free online suicide prevention training programme that helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe. In just one hour, equip yourself with the skills to identify those at risk, initiate conversations about suicide, and connect them with vital resources.

To register please [CLICK HERE](#) or for information on mental health, services or supports, visit [yourmentalhealth.ie](http://yourmentalhealth.ie)



Offaly Traveller Movement & The National Action Group for LGBTI+ Traveller & Roma Rights, invite you to attend

## LGBTI+ Traveller Spoken Word Event

Monday June 23rd  
11am - 1pm

Come and join us at the Longford Womens Link N39H6R7 for a Spoken Word event that celebrates the unheard voices of some LGBTI+ Traveller community members.

Light Lunch will be provided. Contact Karen on 087 9566805 or email [karen@otm.ie](mailto:karen@otm.ie) for further information.

Logos: National Action Group for LGBTI+ Traveller and Roma Rights, OTM, HSE Mental Health Engagement, AN LONGFORD, Longford Local Community Safety Partnership

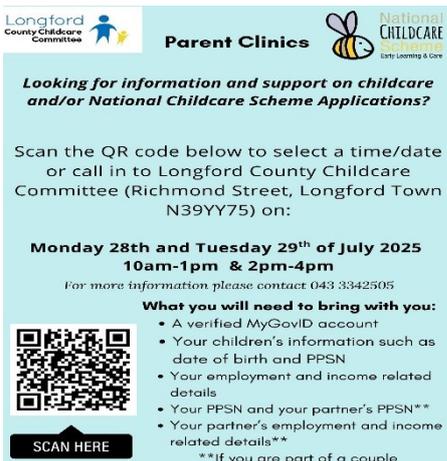
### LGBTI+ Traveller Spoken Word Event, Longford:

A unique Spoken Word event will take place in **The Longford Women's Link, Willow House, Ardnacassa Avenue, Longford, N39 H6R7, at 11am on 23rd June 2025.**

This event is a collaboration between Offaly Traveller movement (OTM) and the National Action Group for LGBTI+ Traveller & Roma Rights, supported by HSE Mental Health Services, Longford Local Community Safety Partnership and Longford County Council.

The Spoken Word event is the next stage of the largest research ever in Ireland on the lived experiences of LGBTI+ Traveller & Roma- *Unveiling Inequality- Experiences of LGBTI+ Travellers and Roma*. The peer research was published in November 2022 and throughout 2023 the Action Group has been designing and beginning the rollout of Spoken Word events to disseminate and share the voices of some of the research participants.

Please note places are limited and registration essential, if you would like to attend please email Karen at [karen@otm.ie](mailto:karen@otm.ie)



Longford County Childcare Committee

### Parent Clinics

Looking for information and support on childcare and/or National Childcare Scheme Applications?

Scan the QR code below to select a time/date or call in to Longford County Childcare Committee (Richmond Street, Longford Town N39YY75) on:

**Monday 28th and Tuesday 29th of July 2025**  
10am-1pm & 2pm-4pm

For more information please contact 043 3342505

**What you will need to bring with you:**

- A verified MyGovID account
- Your children's information such as date of birth and PPSN
- Your employment and income related details
- Your PPSN and your partner's PPSN\*\*
- Your partner's employment and income related details\*\*

\*\*If you are part of a couple

Logos: National Childcare, HSE Mental Health Engagement, AN LONGFORD, Longford Local Community Safety Partnership

**Parent Clinics Longford:** The Longford County Childcare Committee will host free parent clinics in July and August, to assist parents/ guardians with their National Childcare Scheme Applications.

The Parent Clinics are for parents/guardians who may have childcare related questions or require support with their National Childcare Scheme applications.

Parents/guardians are welcome to call in to the Longford County Childcare Committee office (N39YY75) or schedule an appointment through Eventbrite on the links below.

[Monday 28th & Tuesday 29th of July 2025](#) 10am-1pm & 2pm- 4pm

[Monday 18th & Tuesday 19th of August 2025](#) 10am-1pm & 2pm- 4pm



Helium Arts  
CREATIVITY CHANGES LIVES

## Free Summer Art Camps Online

Who? Ages 6-8 and 9-12 with lifelong physical health conditions

When? Saturday mornings - 5, 12, 19, 26 July

Where? Online

Professional artists | Free art supplies delivered  
Interactive Zoom sessions | Post-pal

Logos: Helium Arts, National Childcare, HSE Mental Health Engagement, AN LONGFORD, Longford Local Community Safety Partnership

**Helium Arts – FREE Summer Art Camps:** Helium Arts is offering a **FREE Online Summer Art Camp**, to children across Ireland, (age 6–12) living with a **lifelong physical health condition**.

The camp, which commences on 5<sup>th</sup> July and runs for four Saturday's, is designed to be flexible and fun, with creative activities that children can do at their own pace from home.

- Once registered, you'll receive a **bespoke art pack delivered to your door**
- Every Saturday, you'll get a **fun, easy activity by email**
- **Optional Zoom sessions** offer a chance to meet the artist and other children
- **Post Pal exchange** to connect with young artists around the country

**Supported Conditions Include:**  
Diabetes, epilepsy, asthma, juvenile arthritis, heart conditions, spina bifida, cystic fibrosis, allergies, rare conditions and more.

[helium.ie](http://helium.ie)

Click on age group link for further details:

[Ages 6–8 – Join Today](#)

[Ages 9–12 – Join Today](#)

