



LW CYPSC Child, Youth & Family Events Padlet: The [LW CYPSC Events padlet](#) is now live. This Longford Westmeath local events calendar contains information regarding child, youth and parenting supports and events as well as online programmes and supports available for families.

If you have a child/youth or parenting support programme or event coming up please forward details of same to cypscclw@tusla.ie. Please submit your information as early as possible to ensure inclusion ahead of your event date. The events Padlet will be updated regularly, so keep an eye out for new events added each week.

Laois & Offaly Child & Youth Services website: Laois Offaly CYPSC [Open Up website](#) is a signposting website to child, youth and family services in Laois and Offaly.

This website 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. Programmes and events are updated regularly so check back regularly to see what is happening in your area.

Laois Offaly Parents Hub: Parenting is one of the most rewarding and important jobs in the world. However we all know that it can be challenging sometimes.

As parents, we all need information or support at different times during our children's development. All parents are busy meeting the demands of everyday life with children and it can be difficult to know where to look or who to turn to for this advice and support.

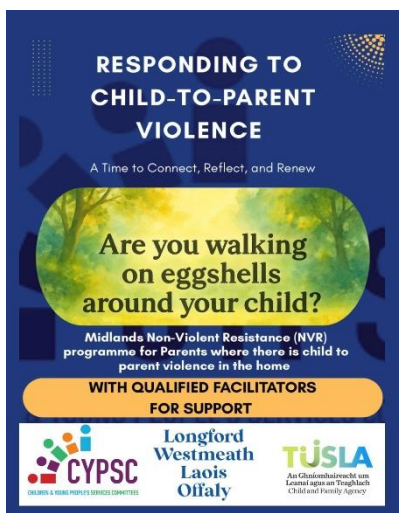
The Laois Offaly Parents Hub is a "one stop shop", providing easily accessible information for parents and carers on upcoming talks and parenting programmes available in Laois and Offaly. To visit the hub [CLICK HERE](#) or you email laoisoffalyparenthub@barnardos.ie



LW CYPSC Healthy Ireland Fund Programme 2026: The LW CYPSC HIF Programme for 2026, namely the Family Wellness and Our Voice Our Wellbeing youth programme, will take place again this Summer and Autumn across multiple venues in Longford and Westmeath.

A summary video about the programmes can be viewed [HERE](#).

Keep an eye on the [LW CYPSC Events Padlet](#) for details of upcoming workshops, details will also be shared on our social media platforms.

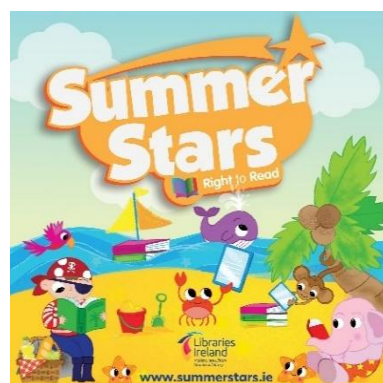


Midlands Non-Violent Resistance (NVR) Programme: Are you walking on eggshells around your child? NVR is a non-judgemental programme that helps re-build confidence in parents / carers. The [NVR programme](#) is for parents or carers who are experiencing child to parent violence, intimidation, emotional 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 is delivered across Longford, Westmeath, Laois and Offaly. Keep an eye on the [LW CYPSC Events Padlet](#) and the [LO CYPSC Open Up website](#) for upcoming programme dates. Details of programmes will also be shared on our social media platforms.

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



For further information visit your local library or keep an eye on the links below for upcoming events [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)



Hello, How are you Campaign? Hello, How Are You? is a campaign led out by Mental Health Ireland, about connection and engaging in open conversations about mental health. The campaign asks individuals, communities, workplaces, friends & family to say Hello and ask the question 'How Are You?' in a meaningful way. Asking this small question and having one conversation can make a real difference in someone's life. Creating, maintaining and staying connected with others helps tackle loneliness, creates a sense of belonging and purpose and builds relationships.

You don't need to be an expert to have a meaningful conversation. By using the [HELLO Steps](#) you can feel supported in asking the question. Let's make saying Hello and asking How Are You? an everyday question that keeps us connected. [Click Here](#) to learn more about the campaign, and be sure to say Hello, how are you this 15th May!



HSE and Togetherall online mental health peer-to-peer platform: The HSE has recently announced a new expanded partnership with Togetherall to provide free, online, peer-to-peer mental health support for young people aged 16 to 30 across Ireland. Launched by Minister for Mental Health, Mary Butler, TD, the initiative builds on the proven success of Togetherall's work with third-level students in Ireland, which is supported by the HSE. It aims to widen access to mental health support for young people who may not otherwise engage with traditional services. **For more information and to register** for the Togetherall platform (ages 16 to 30), [CLICK HERE](#)



Let's Get Ready: The [Let's Get Ready](#) webpage focuses on children's transitions to pre-school, school and childcare services. It includes 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](#)



Helping students and parents with the move from primary school to secondary school



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](#)

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](#) or LO CYPSC on [Facebook](#)
or you can email us at cypscldw@tusla.ie and cypsc.laoisoffaly@tusla.ie
www.cypsc.ie