

General Information/ Updates:



Keep Well In Your Community:

This year has been extra challenging and we all need a little help to get us through. The Keep Well Campaign encourages everyone to start with a plan to do one small thing that will help keep you well. The [Healthy Ireland](#) webpage provides guidelines, information, and tips on how to keep well and to **Make a Plan** this winter!

Please find below links from key organisations, who are working together to help you **Keep Well in your Community** over the coming months!

Gov.ie – [Keep Well Campaign Webpage](#)

Your Local Authority Keep Well Pages - [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#) and a full list of [Local Authorities in Ireland](#)

Your Local Library - [Longford Library](#), [Westmeath Library](#), [Laois Library](#), [Offaly Library](#), or visit [Libraries Ireland](#)

Your Local Sports Partnership – [Longford Sports Partnership](#), [Westmeath Sports Partnership](#), [Laois Sports Partnership](#), [Offaly Sports Partnership](#) or visit [Sport Ireland](#)

Family Meal Time - Safe Food [Start Campaign webpage](#)

For up to date Information Bulletins from your Longford Westmeath and Laois Offaly CYPSC [CLICK HERE](#)

You can also check out the hashtag #KeepWell on all Social Media platforms.



Survey Report launched on Rights and Living Conditions of Travellers in Ireland: Minister for Children, Equality, Disability, Integration and Youth Roderic O’Gorman, T.D., together with the European Union Agency for Fundamental Rights (FRA), IHREC and Pavee Point Traveller and Roma Centre, launched a report on Tuesday 7th December, on the rights and living conditions of Travellers in Ireland.

The report details the Irish results from the FRA Survey of Rights and Living Conditions of Travellers in Ireland.

Key findings from the survey include:

- Employment – Travellers in Ireland report lowest rates of employment in all countries surveyed at 15%.
- Poverty and Social Exclusion – 10% of Travellers (including children) surveyed report ‘going to bed hungry’ at least once in the last month
- Accommodation – Over 90% of Travellers report that there is insufficient and inadequate accommodation available, including halting sites.
- Racism and Discrimination - Ireland had the second highest rate of reported discrimination within the countries surveyed - 68 % of men and 62 % of women reported experiencing discrimination. This is reflected in the general respondents surveyed with 46% stating they would feel “uncomfortable with Roma and Travellers as neighbours.”
- Education – Ireland has the second highest rate of Traveller children participating in early childhood education (75%), however, it continues to lag behind that of the general population. There is a 70% rate of early school leaving among Irish Travellers, compared to 5% for the general population.

[CLICK HERE](#) to read the full Press Release, or [CLICK HERE](#) to download the report in full.



Leadership for INclusion in the Early Years (LINC): The Leadership for INclusion in the Early Years programme, seeks to address the need for continuing professional development (CPD) in relation to the inclusion of all children in the Early Years. The LINC programme tutors have vast experience in early learning and care, and have developed a new poster entitled Supporting Child Well-Being.

To view and download this poster [CLICK HERE](#) or for further information on [LINC](#) [CLICK HERE](#)

Weekly Information Bulletin – 11th Dec 2020



Life in Lockdown: A Direct Provision experience: Following on from the [Direct Division report](#) launched earlier this year, the Ombudsman for Children's Office asked children who live in Direct Provision accommodation what life was like for them during the Covid pandemic. To download this new report [CLICK HERE](#)

For further information on the Ombudsman for Children's Office [CLICK HERE](#)



Safer Internet Day 2021: Registration for Safer Internet Day 2021 is now OPEN! Each year, schools and organisations from around Ireland highlight what they are doing to mark Safer Internet Day on our interactive map! Safer Internet Day 2021 will take place on Tuesday 9th February. If your school or organisation plan on taking part, you can register your event [HERE](#) with [Webwise](#) and receive a #SID2021 information pack and free wristbands for the participants.

#BeKindOnline #SID2021



National ParentLine: Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Parentline helplines are open from Monday to Thursday 10am to 9pm and Fridays 10am to 4pm.

For more information and advice, visit the Parents Centre at www.gov.ie/parents



Children's Rights Alliance – Calling New Members: The Children's Rights Alliance are seeking new members for 2021! Their team works closely with all of their members on advocating for the rights of all children and young people in Ireland. They identify problems for children, develop solutions and educate and provide information on children's rights. They are a membership organisation with over 150 members (both organisations and individuals) They are looking forward to welcoming new applications from charities, not for profit groups and individuals. For further information email: members@childrensrights.ie



The 12 Stories of Christmas: [Fighting Words](#) and [Graffiti Theatre Company](#) are collaborating in an exciting Christmas Initiative this year. They are inviting young writers between the ages of 6 and 12 years to write their own Christmas story! 2020 has been a difficult year for so many and spreading holiday cheer is more important than ever, so they are encouraging young people to fire up your imagination and create a new classic tale.

To help you get started, a number of well-known authors and performers have developed craft story prompts – [CLICK HERE](#) to watch the start of a new story that you

can finish yourself, there are 12 stories to choose from and the stories are both in English and as Gaelige!

You can also find the story links on Fighting Words facebook page [HERE](#)

The stories area also available in English and Irish in a book you can [download and print!](#)

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This is Art 2021: THIS IS ART! is an exciting new, young people's art competition brought to you by RTÉ and the [Creative Ireland Programme](#).

The competition is open to all abilities and a huge range of visual arts. So whether you paint, draw, paint, sculpt, craft or even spray – this competition is for you! All entries will be included in the digital gallery and considered for the This Is Art! 2021 Grand Prix Award.

Closing Date for entries is 15 Jan 2021. For full Competition details [CLICK HERE](#)



Flu Vaccine for Children: The flu can spread easily and make your child very ill. All children and young people are encouraged to get the Flu Vaccine.

[CLICK HERE](#) to learn how you can help keep your children safe this winter with the children's flu vaccine



Public Health Information regarding Covid-19: Ireland are currently on Level 3 (with some variations) from Tuesday 1st December into January. There will be additional special measures for Christmas. [CLICK HERE](#) for full details.

For the **most up to date information** and advice on Coronavirus, please see:

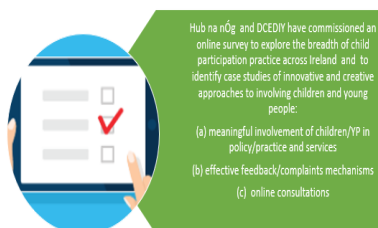
Department of Health DOH: Covid 19 information and campaigns [CLICK HERE](#).

Health Service Executive HSE: Covid 19 information including symptoms, testing and how to manage Coronavirus at home [CLICK HERE](#)

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

Online Survey for completion/circulation:



Participation with a Purpose Survey: Since the publication of the [National Strategy on Children and Young People's Participation in Decision Making](#) (2015-2020), there has been a growing demand for examples of good practice in giving children and young people a meaningful voice in decision-making. The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) and [Hub na nÓg](#) commissioned a study to bring together the national and international evidence on ways of effectively involving children and young people in decision-making.

This survey aims to identify initiatives/practice that have resulted in meaningful involvement of children and young people in policy, practice and services. A selection of initiatives/practice will be developed into mini case studies to be showcased on the Hub na nÓg website. **Please note the submission deadline for this survey has been extended to 18th December and the survey can be accessed [HERE](#)**

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ADAPT Study – How Adolescents Deal with and Adjust to Pandemic resTrictions: A team of researchers from the School of Psychology, NUI, Galway and Trinity College Dublin are currently conducting a research study, on the impact of the COVID-19 pandemic and the various restrictions that are in place, on Irish teenagers. The research is calling on **Teenage Participants**, aged 12 – 18 years to inform this study. There are 3 surveys to complete over 12 months (15 mins each).

Please note all teenagers require parent/guardian consent, if they wish to take part.

To find out more about our study, you can access the study website [HERE](#) OR you can go straight to our parent information sheet via the Q code below



Once parental consent is received a link to the adolescent agreement form and the survey is sent via email to the young person



Webinars/ Training/ Online Events:



Asking for a Parent Podcast by Dr. Colman Noctor: Dr Colman Noctor is a Child and Adolescent Psychoanalytical Psychotherapist. He has worked across a range of Child & Adolescent Mental Health Services both in Ireland and abroad and he has a wealth of national and international clinical experience. Dr Noctor has a regular podcast where he chats about all things #parenting. To listen to the **Asking for a Parent** podcast [CLICK HERE](#)

Minding Your Wellbeing: The HSE Minding Your Wellbeing programme is a free series of online video resources to help you learn and practice key elements of mental wellbeing, like resilience and self-care. This is a universal programme which encourages all ages to mind your wellbeing.

You can access all of the videos [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 or

Laois Offaly CYPSC: niamh.dowler@tusla.ie

www.cypsc.ie

