

General Information/ Updates:



DCEDIY Supporting Children Campaign: The [Department of Children, Equality, Disability, Integration and Youth](#) relaunched the Supporting Children Campaign earlier this month. The [Supporting Children](#) campaign, supported by Tusla, was developed by the Department to support vulnerable children, young people, and their families in challenging times. It was first launched on 19 June 2020, highlighting the most significant and innovative responses being made to

meet the needs of vulnerable groups. The campaign recognises the serious impacts both the pandemic and on-going public health measures are having on the most vulnerable in our society and aims to address it. For further details on the campaign, [CLICK HERE](#) or for a short information video on the campaign, [CLICK HERE](#)



DCEDIY Parents Centre: There are many useful supports available on the gov.ie [Parents Centre webpage](#), from information and advice to one-one support. Parents Centre brings together new and existing resources that parents may find helpful. It provides a starting point to access high-quality, trusted information and support. Parents Centre is easy to navigate and helps parents access the information and support they need quickly. Parents Centre is continuously updated as new resources become available. [CLICK HERE](#) for further details



Keep Well In Your Community: The cross-Government community resilience campaign co-ordinated by Healthy Ireland and funded by Slaintecare is continuing across the months of January, February and in to March. To keep up to date on guidelines, information and tips on how to keep well visit the [Healthy Ireland Keep Well](#) campaign webpage.

For information on how to *Keep Well in your Community* at a local level, check out your local Authority Keep Well Pages at the following links: [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#) and a full list of [Local Authorities in Ireland](#)

Local Authorities also provide a local community helpline and befriending service.

The Midlands Area Local Community Call numbers are as follows:

Longford – 1800 300 122 Westmeath – 1800 805 816 Laois – 1800 832 010 Offaly – 1800 818 181

For a list of **Contact Details for Children, Youth and Family Services in**

Longford and Westmeath [CLICK HERE](#) and in Laois and Offaly, [CLICK HERE](#)



Barnardos Heart, Body and Mind Resources for Parents: Barnardos have developed a wide range of resources which provide parents and their children with the opportunity to check in with the Heart, Body and Mind regularly. There are lots of fun activities to keep children engaged, and activities that the family can do together. It is also important that parents take care of themselves. The Wellbeing for Parents section, provides tips on how to check in and be kind to oneself. For further details and to download the full range of resources [CLICK HERE](#)

Information Bulletin 12th February 2021



Public Health Information regarding Covid-19:

Ireland are currently on [Level 5](#) of the [Resilience and Recovery 2020-2021: Plan for Living with COVID-19](#) 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](#)

For the most up to date **Partner resources for COVID-19**, [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

Webinars/ Training/ Online Events:

Empowering People in Care – Care Day 2021: *Did you know.....* that there are approximately **6,000 Children** in Care in Ireland? The National EPIC Youth Council would like to invite you to join them in celebrating these Children in Care and those with Care Experience, next



Event schedule

Monday 15th of February:
11.00am - 12noon LGBTI+ Webinar
14.00 - 15.00 Ethnicity and Identity Webinar

Tuesday 16th of February:
11.00am - 12noon Education Webinar
14.00 - 15.00 Disability Webinar

Wednesday 17th of February:
11.00am - 12noon Justice Webinar
14.00 - 15.00 Accommodation Webinar

This series of webinars will seek to provide participants with an overview of the unique issues facing care experienced children and young people.

Friday 19th of February
11.00am - 12noon
Live Q&A Session between care experienced young people, the Ombudsman for Children and Commissioners from the UK

16.00
Announcement on social media of the winners from our Baking, Writing and Art Competitions

21.00
Netflix Movie Night watching 'Instant Family'

Saturday 20th February
11.00am - 12noon Children's Scavenger Hunt

If you have any queries about any of these activities please email suzanneobrien@epiconline.ie or andreameyer@epiconline.ie

Friday the 19th of February for Care Day!!!!



Care Day is the world's largest celebration of the rights of children and young people with care experience. We are striving towards a world where children and young people who have overcome adversities are proud of themselves, their achievements and look forward to a future of opportunity, equality and equity.

Care Day is an opportunity to unite in celebrating the rights and resilience of care experienced children and young people, their stories and their achievements.

For a full list of events and registration details click on the [events schedule poster](#)



Chris Hall Cooks Valentines Special: As part of the LW CYPSC Family Wellness programme, funding by [Healthy Ireland](#), Athlone Family Resource Centre are providing an online cookery programme, hosted by local chef Chris Hall. This week, in preparation for Valentine's Day, Chris is preparing a nutritious Salmon and Spinach Lasagne, followed by a Raspberry and White Chocolate Cheesecake for dessert.

To view this week's cookery class and cook up a storm this weekend, [CLICK HERE](#)

Information Bulletin 12th February 2021



Ireland Reads: Part of the '[Keep Well](#)' programme, Ireland Reads is a new campaign from [Irish libraries](#) aiming to get the whole country reading this month in the lead up to a national day of reading on **Thursday, February 25th**. Taking some time to relax and do the things we enjoy has never been more important and reading is a great way to get a sense of escape and boost wellbeing. The campaign website is now live at www.irelandreads.ie. On the website:

- People can pledge to read on Ireland Reads Day and a reminder will be sent to them closer to the day. You can also see how many minutes have been pledged so far on the site.
- The website also offers some reading inspiration – simply enter the type of book you like best, how long you have available to read each day and the website will suggest a book and tell you how long it will take to finish it. These books were recommended by librarians all around the country.
- To Sign up for 'Ireland Reads' events [CLICK HERE](#)

Libraries all over the country will be running events and initiatives as part of Ireland Reads. For further information [CLICK HERE](#)



KPMG Children's Books Ireland Awards: The [KPMG Children's Books Ireland Awards](#) are the leading annual children's book awards in Ireland offering a total prize fund of €16,000 across six awards. The Awards identify, honour and promote excellence in books for young people by Irish authors and illustrators. They are made annually by [Children's Books Ireland](#) and have been in operation since 1990. One such award is the Junior Juries Award. Young readers from around the country take part in the Junior Juries' scheme in order to decide the winner of the Junior Juries' Award. Established in 2005, the Junior Juries' is a unique programme for school, libraries and book clubs, designed to encourage children and young people to read widely and to engage with reading in an innovative and exciting way.

Participating groups make their own selection of suitable titles from the books shortlisted for The KPMG Children's Books Ireland Awards in March, using a specially devised activity pack to guide them in their reading. At the end of this process each group is asked to collectively vote for their favourite book. Children's Books Ireland then invites some of our Junior Juries' to attend the official winners' ceremony in May and to announce the Junior Juries' Award.

Junior Juries' are ideal for class groups, book clubs or reading groups and even groups of friends, For further information and to sign up [click here](#).



Dreamtrain: Where would you go on a dreamtrain? Who would you help when you stopped? What would you take with you in your suitcase?

[Backstage Theatre and Centre for the Arts](#), Longford, supported by the [Arts Council of Ireland](#), have developed an online series suitable for preschool age children and those in special education. This series asks children to join the dreamtrain driver on a story adventure through the night, stopping off at dream destinations and solving problems as they go! The journey ends when the dreamtrain driver finds a lullaby and returns to the station just before dawn!

The first episode of these online adventures performed by Clíodhna Noonan is available to view now by [CLICKING HERE](#)

Information Bulletin 12th February 2021



Empowering Roma in Education Conference: An online Seminar on *Empowering Roma in Education* will take place on Wednesday 24th February at 10am.

The Conference aims to bring academics, school staff, policy makers and members of the Roma community together to tackle bullying and discrimination against Roma in school systems across Europe. For further information and to register please, [CLICK HERE](#)



Safer Internet Day 2021: Safer Internet Day (SID), an EU wide initiative to promote a safer internet for all users, especially young people took place earlier this week on the 9th February. This year's theme for Safer Internet Day was *"Together for a Better Internet"*

For more information on this campaign [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