

## Weekly Information Bulletin – 13<sup>th</sup> Nov 2020

### General Information/ Updates:



**Keep Well In Your Community:** The Government Action Plan in response to Covid-19 acknowledges the importance of people maintaining their wellbeing and resilience. Our challenge is to equip ourselves with a better understanding of how we can be resilient by caring for our health and wellbeing. [The Government Plan for Living with COVID-19 - Resilience and Recovery 2020-2021](#) highlights the important role that individual and community resilience will play in contributing to our ongoing response to COVID-19. The “Keep Well” campaign will signpost to people of all ages about minding their own physical and mental health and wellbeing by adding healthy and helpful habits to their

daily and weekly routines. The Healthy Ireland “Keep Well” campaign will provide guidelines, information, and tips on things to help all to keep well through the coming months. This Resilience and Wellbeing information is being added on an ongoing basis on the gov.ie [Healthy Ireland](#) webpage and under the following sections: [Staying Active](#), [Keeping Connected](#), [Switching Off](#), [Eating Well](#), and [Minding Your Mood](#).

A number of Sláintecare funded initiatives will be delivered through the Healthy Ireland Fund and rolled out over the coming months.

For information regarding local initiatives, resources and events in the **Keep Well campaign** Click on the Local Authority links below:

[Longford](#)

[Westmeath](#)

[Laois](#)

[Offaly](#)



**First 5 Ireland:** Please see below, as shared by [First 5](#) on Social Media this week information regarding Early Learning & Care (ELC) and School Age Children (SAC):

- [National Parents Council free online interactive workshops, ‘supporting your child’s transition from pre-school to primary school’](#)
- [Registration for parents sessions on future funding for ELC & SAC](#)
- [A new poster with advice for parents of children in ELC & SAC settings](#)



**World Children’s Day 2020:** November 20<sup>th</sup> is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General assembly adopted the Convention on the Rights of the Child. ***This is a day that is all about the importance of children and how they have special rights and freedoms that help them to grow into happy, healthy adults.*** It’s about a fun day, with a serious message, shining a light on the most pressing challenges faced by children in today’s world..

For information on how you can get involved and celebrate Children’s Day [CLICK HERE](#)



**Child Talks 2020:** This annual event celebrates World Children’s Day and was created as a platform for children and young people in Ireland to talk about their rights, the issues they’re passionate about and how they impact them. This year’s theme is ‘A Day in my Life’. This year the event will be streamed LIVE online, on World Children’s Day, 20<sup>th</sup> November at 11am on <https://www.oco.ie/> #ChildTalks2020 #WorldChildrensDay

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**Bereaved Children's Awareness Week 2020:** Every November, the Irish Childhood Bereavement Network (ICBN) organises a series of events across Ireland to highlight bereaved children's needs and provide a voice for them to be heard. Bereaved Children's Awareness Week (BCAW) is to help raise awareness of the fact that children express grief differently; they feel the impact but may not have words to express it so it often shows in their behaviour. This year the awareness week, sponsored by the Irish Hospice Foundation and Tusla, will run from 23<sup>rd</sup> – 27<sup>th</sup> November.

To view a short video on Childhood Bereavement [CLICK HERE](#)

For full details, information on how you can promote the awareness week, resources and a list of events [CLICK HERE](#)



**One World Week 2020:** Youth 2030 is a partnership between the National Youth Council of Ireland (NYCI) and Irish Aid, working in consortia with Concern Worldwide, Maynooth University and Trócaire to deliver Global Youth Work and Development Education to the youth sector. One World Week 2020 is a collaboration with NYCI member organisations, Irish Girl Guides, Youth Work Ireland Galway, the Migrant Rights Centre Ireland and the Climate Youth Activists and is funded by Irish Aid. This year's One World Week theme is **Power** and will run from 23<sup>rd</sup> – 29<sup>th</sup> November 2020.

A [free One World Week resource](#) entitled **Building Back Better: Youth, Power and Planet** is now available to download.



NYCI have been working with practitioners and young people to make sure the resource has everything you need to examine the issues around **Youth, Power and Planet** including

**Ready-made activities** road-tested with youth groups

**Tools and techniques** to help you tease out power dynamics related to young people in society

Infographics, inspiring images and visuals to help you connect issues around power and the **Sustainable Development Goals**

[One World Week 2020](#) will run from 23<sup>rd</sup> – 29<sup>th</sup> November - and this year's youth summit has been transformed into a week-long festival of activities, inspiration and youth activism.

For full details of events and registration details for the events [CLICK HERE](#)



**Start Campaign:** The START partnership campaign from the HSE, Safefood and Healthy Ireland (Department of Health) encourages families with young children to adopt healthier lifestyles. Conscious of the impact of COVID-19 on families and recent research demonstrating that family time is highly valued at the moment, this month the campaign is focussing on "Big wins start with small changes. Make the most of family time by adding a healthy habit." TV, radio, out of home and digital advertising are running for the month of November. You can view the TV ad [here](#). If you and your family would like to get more information on healthy habits check out [www.makeastart.ie/](http://www.makeastart.ie/)



**Directories of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke:** Health and Wellbeing, Midlands Louth Meath CHO, have released the first edition of their Directories of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke. There are separate directories for Longford/Westmeath, Laois/Offaly and Louth/Meath. Please [CLICK](#) on the links for each directory.

[Longford Westmeath Directory](#)

[Laois Offaly Directory](#)

[Louth Meath Directory](#)

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**Public Health Information regarding Covid-19:** Ireland are currently on Level 5 of the Plan for Living with COVID-19. [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](http://www.gov.ie/adviceforparents)

### Online Survey for completion/circulation:



**Live Out Loud Campaign:** The Live Out Loud campaign is a national campaign that celebrates LGBTI+ youth and shows how they are visible, valued and included in culture, society and sport. The campaign was launched on International Coming Out Day, 11 October 2020 and will culminate in an event in January 2021 which will celebrate the contributions from across diverse communities around the country. The campaign is looking for LGBTI+ young people, their allies, and those working with them, to submit stories to celebrate how those young people are being valued, made visible and included in their communities.

To learn more about how to get involved click [here](#).

### Webinars/ Training/ Online Events:



**Parents Plus Free Online Workshops:** [Parents Plus](#) have updated their training calendar for the Autumn 2020 and early 2021. Parents Plus have a wide range of evidence based, solution focused programmes, which aim to improve outcomes for families and young people. Such programmes include:

[Early Years Programme \(1 – 6 years\)](#)

[Childrens Programme \(6 – 11 years\)](#)

[Adolescents Programme \(11 – 16 years\)](#)

[Working things Out Programme](#)

[Parenting when Separated Programme](#)

[Healthy Families Programme](#)

[Special Needs Programme](#)

[Tailored and Onsite Training](#)

For further details on all of the Parents Plus training programmes [CLICK HERE](#)



**Athlone Institute of Technology Virtual Open Day:** AIT is hosting its Undergraduate Open Day 2020 Online on Saturday 14th November from 12pm-3pm. If you are considering AIT for undergraduate study in 2021, you can join in on this interactive open day for webinars containing course information, meet the lecturers and student ambassadors and ask questions and find out more about a chosen subject area.

For registration details for this event [CLICK HERE](#)

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**Supporting the Mental Health of LGBTI+ Young People Training:** [Jigsaw](#), the national centre for Youth Mental Health, have partnered with [BeLonGto](#), the national youth organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) in Ireland, to launch a new online course, **Supporting the Mental Health of LGBTI+ Young People**. This course is for adults who work or volunteer with young people. To learn more about the training [CLICK HERE](#)



### Festival of Learning

November 3rd - 11th

*"Putting prevention and early intervention to work for children and young people"*

**Festival of Learning:** The What Works 'Festival of Learning' ran from 3<sup>rd</sup> – 11<sup>th</sup> November, the aim of which was to **maximise the impact of prevention and early intervention to improve outcomes for children and young people living in Ireland**. Prevention and early intervention is about stopping risks to healthy child development before they take hold & helping children live happy, healthy lives.

If you missed any of the events or webinars, the full programme of events are now available to view by [CLICKING HERE](#)

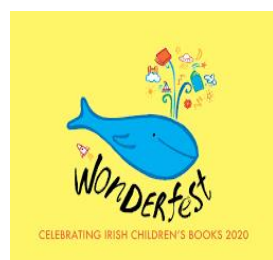


**Minding Your Wellbeing:** The HSE Minding Your Wellbeing programme is a free series of online video resources to help you learn and practice key elements of mental wellbeing, like resilience and self-care. This is a universal programme which encourages all ages to mind your wellbeing. You can access all of the videos [HERE](#)



**Barnardos Online Safety Webinar for Parents:** Barnardos are hosting a free webinar for parents on online safety which will be run a number of times over the coming weeks. This 45 minute session will give parents practical tips that will help them keep their children safe & resilient online.

The remaining dates for this webinar are : Tues 24<sup>th</sup> Nov @7pm, Wed 2<sup>nd</sup> Dec @1pm and Tues 8<sup>th</sup> Dec @7.30pm [CLICK HERE](#) for registration details.



**WonderFest 2020 – Ireland's first digital book festival for children :** WonderFest is a free brand new digital book festival for children taking place 20<sup>th</sup>-22<sup>nd</sup> November. This innovative event will be Ireland's first fully digital children's book festival. B  
For full details of the festival visit the WonderFest website [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)