

Information Bulletin – 15th January 2021

General Information/ Updates:



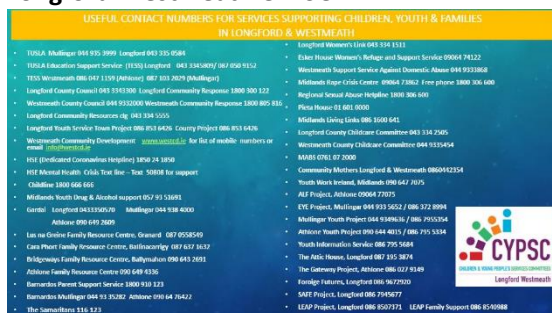
Keep Well In Your Community: The Keep Well Campaign continues through the winter season. To keep up to date on guidelines, information and tips on how to keep well this winter visit the [Healthy Ireland](#) Keep Well campaign webpage. For information on how to **Keep Well in your Community** at a local 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, Westmeath, Laois and Offaly** click on the LW CYPSC/ LO CYPSC Contact Lists below:

Longford Westmeath CYPSC



USEFUL CONTACT NUMBERS FOR SERVICES SUPPORTING CHILDREN, YOUTH & FAMILIES IN LONGFORD & WESTMEATH

- TOLA Mullingar 044 935 3999 Longford 045 335 0546
- TOLA Education Support Service (1550) Longford 043 334 0670 / 067 030 7112
- TOLA Westmeath 086 037 1339 (Athlone) 082 811 7679 (Ballinaghy)
- Longford County Council 045 335 3783 Longford Community Response 1800 300 122
- Westmeath County Council 044 9332000 Westmeath Community Response 1800 805 816
- Longford Community Resources (045 334 5555)
- Longford Youth Service Team Project 086 851 6426 County Project 086 851 6426
- Westmeath Community Development www.westmeath.gov.ie See list of available members in email info@westmeath.gov.ie
- HSE (Dedicated Continues Helpline) 1800 24 3800
- HSE Mental Health Crisis Team line - Text: 50088 for support
- Childline 1800 666 666
- Midlands Youth Drug & Alcohol Support 057 93 53651
- Central Longford 043332070 Mullingar 044 938 8000 Athlone 044 949 3909
- Lee na Gaille Family Resource Centre, Greinstown 087 0050540
- Case Phone Family Resource Centre, Ballinacorney 087 617 8617
- Bridgeway Family Resource Centre, Ballymahon 090 845 2051
- Athlone Family Resource Centre 090 849 6306
- Baronagh Parent Support Service 1800 938 1213
- Stewartstown Mullingar 044 93 35287 Athlone 090 84 76422
- The Samaritans 116 123
- Longford Women's 044 940 394 0101
- Elmli House (Women's) Refuge and Support Service 09064 78122
- Westmeath Support Service Against Domestic Abuse 044 9333868
- Midlands Rape Crisis Centre 09064 73862 Free phone 1800 306 460
- Flora House 01 851 8000
- Midlands Linking Links 086 5058 641
- Longford County Children's Committee 043 334 2605
- Westmeath County Children's Committee 044 513454
- RABO ERF 0030
- Community Mothers Longford & Westmeath 0860452354
- Youth Work Ireland, Midlands 090 647 7675
- ALF Project, Athlone 09064 73075
- EYE Project, Mullingar 044 933 2622 / 086 232 8994
- Midlough Youth Project 044 938026 / 044 932054
- Athlone Youth Project 090 844 4615 / 086 795 5354
- Youth Information Service 086 795 5684
- The AIDS House, Longford 087 335 3874
- The Gateway Project, Athlone 086 037 8149
- Family Linking, Longford 086 5927000
- SAFE Project, Longford 086 7949677
- LEAP Project, Longford 086 8507371 LEAP Family Support 086 8540988

Laois Offaly CYPSC



LIST OF SERVICES TO SUPPORT CHILDREN, YOUNG PEOPLE & FAMILIES IN LAOIS & OFFALY

- Offaly Local Development Company 086 8698863
- Laois Partnership Company 057 89 81286
- TOLA Tuolumne 057 81 19089 Portlaoine 057 86 87247
- Midlands Youth Drug & Alcohol Support 057 93 53651
- Narramore Tuolumne, Athlone & Portlaoine 057 8328809 or via 086 8732883
- Portlaoine Community Tera Ais 083 838 8885
- Tullamore Community & Family Resource Centre 057 81 20388
- Clara Community & Family Resource Centre 057 83 23028
- Moynallick Youth and Family Resource Centre 057 86 24632
- Portlaoine Family Resource Centre 083 8388204
- Parents First Laois Offaly 088 1938221, 081 8345252
- Inclusion Ireland - Disability support 01 8538882
- Family Carers Ireland Laois Offaly 057 83 79398
- Youth Work Ireland Midlands 090 64 77075
- Youth Work Ireland Laois 057 86 65010
- Laois Domestic Abuse Service 057 86 73100
- Offaly Domestic Violence Service 057 93 53886
- Gardail Tuolumne 057 93 27600
- Gardail Portlaoine 057 86 74100
- Offaly Library Service 057 93 46834
- Laois Library Service 057 86 22333
- Offaly Traveller Movement Helpline 083 1006300
- Laois Traveller Action Group 057 86 82210
- MEND Laois Offaly 086 8167798
- Regional Sexual Abuse and Rape Crisis Centre - Tuolumne Helpline 1800 252 32 32 or 057 93 22500
- Regional Laois Offaly 2020@laoisoffaly.ie

PLEASE NOTE PHONE SERVICE ONLY AVAILABLE FOR SOME SERVICES



Community Wellness Blanket - Lockdown Project: Athlone Family Resource Centre, are inviting members of the public, to assist them in creating a **Community Wellness Blanket** during this lockdown period. This Community Resilience funded, [Keep Well](#) initiative is bringing people together through the creation of a beautiful crocheted blanket. Whether you are a beginner or a seasoned crochet artist, your help would be greatly appreciated. **Squares will be accepted from anywhere in the world** and there are a few participants already busy crocheting as far away as America and Canada! This initiative aims to bring together the larger community in the simplest of ways and is suitable for anyone, anywhere, and of any age!

You can make just one square or as many as you like. The Blanket when completed will be displayed to the public (where and when it is safe to do so) and then auctioned to raise money for a charity organisation. A private support group for the project has been established by Athlone Family Resource Centre on Facebook, where links to tutorials are provided in addition to a starter kit and you can post pictures of your work and ask for assistance where needed.



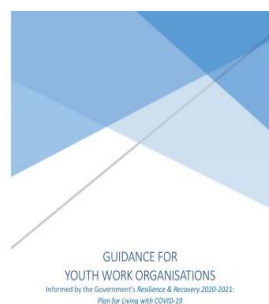
For further information on how you can join you can contact AFRC at 085 251 2224 or through Private Message on the [Athlone Family Resource Centre Facebook Page](#)

Closing date to receive completed squares is Friday 26th February 2021, so let's get Crocheting!



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](#)



Guidance for Youth Work Organisations - Informed by the Government's Resilience & Recovery 2020-2021: Plan for Living with COVID-19:

For the latest letter from the Minister of the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), informed by the most recent guidance from the National Public Health Emergency Team (NPHE), please [CLICK HERE](#). There is a significant deterioration in all of the key disease indicators together with the potential impact of new, more transmissible variants of the disease. So it is now necessary to take measures over and above the Level 5 restrictions set out in the published [Guidance for Youth Work Organisations](#).

The following, is a link to the [official DCEDIY/NYCI Covid Induction for Youth Services](#) training, for your convenience.

Key points of note in the Minister's letter include that youth organisations:

Must move exclusively to remote delivery of services until notified otherwise, except in the following circumstances:

- Essential youth work support, focused on at-risk, vulnerable young people or young people in crisis may continue in person – it is expected that this will be one to one or very small group work.
- Such essential youth work must be delivered in line with the current public health restrictions and should only take place where mandated by the most senior management in the youth service.
- Numbers involved should be kept to an absolute minimum and must not exceed groups of 6.
- Outdoor options should be used in all cases where it is feasible.
- Use of Youth Service Transport should only be considered where absolutely necessary and only in the context of essential service provision.
- It is important that youth organisations continue to communicate messages encouraging young people to keep themselves safe by staying at home during the current situation, practicing good hand hygiene and sneezing and coughing etiquette and by maintaining the 2m distance.



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

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COVID- 19 Vaccine: Since 29th December, the HSE has been administering the Covid-19 vaccine to people in the highest priority groups – frontline healthcare workers, and people living in long-term care facilities who are aged 65 or over. The vaccine offers protection from COVID-19. Getting a COVID-19 vaccine should also protect you from the serious complications of COVID-19. The aim in offering the vaccine to the population is to protect people and reduce the illness and deaths caused by this virus. The HSE encourage everyone in Ireland to read about the [COVID-19 vaccine](#) and to get their information from a factual, trusted source, you can find COVID-19 vaccine information materials [HERE](#) The COVID-19 Vaccine radio ad started on 30th December across local and national radio stations and can be listened to [HERE](#)

How to wear a Face Covering: Face coverings are advised where social distancing is not possible, such as in crowded outdoor areas, indoor communal workplaces and in shops and on public transport. This video demonstrates the correct way to wear a face covering, to view the video [CLICK HERE](#). It is important that masks are worn correctly to protect yourself and others. To find out more on the guidance on safe use of face coverings on the [gov.ie](#) website, [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](#) 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