

# Weekly Information Bulletin – 18<sup>th</sup> Dec 2020

## General Information/ Updates:

### Keep Well In Your Community:

The Keep Well Campaign continues throughout the Christmas period.

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](#) [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 CYPSC Contact Lists below:*

### Longford Westmeath CYPSC



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

- TUSLA Mullingar 044 935 2800 Longford 043 335 9584
- TUSLA Education Support Service (TESS) Longford 043 3345809/ 087 059 8152
- TESS Westmeath 086 047 1159 (Athlone) 087 101 2029 (Mullingar)
- Longford County Council 043 3343300 Longford Community Response 1800 300 122
- Westmeath County Council 044 9332000 Westmeath Community Response 1800 805 816
- Longford Community Resources c/o 043 334 5555
- Longford Youth Service Towns Project 086 853 6426 County Project 086 853 6426
- Westmeath Community Development [www.westmeath.gov.ie](http://www.westmeath.gov.ie) for list of mobile numbers or email [info@westmeath.gov.ie](mailto:info@westmeath.gov.ie)
- HSE (Dedicated Coronavirus Helpline) 1850 24 1850
- HSE Mental Health Crisis Text line – Text 50808 for support
- Childline 1800 664 666
- Midlands Youth Drug & Alcohol support 057 93 51691
- Gardaí Longford 0433350270 Mullingar 044 938 4000 Athlone 090 590 2609
- Laois na Gaeilce Family Resource Centre, Grauard 087 0558549
- Cara Phion Family Resource Centre, Ballinacraig 087 637 3632
- Bridgeways Family Resource Centre, Ballymahon 090 643 2691
- Athlone Family Resource Centre 090 649 4336
- Barnardos Parent Support Service 1800 330 123
- Barnardos Mullingar 044 93 35282 Athlone 090 64 76222
- The Samaritans 116 123
- Longford Women's Link 043 334 1511
- Esker House Women's Refuge and Support Service 09064 74122
- Westmeath Support Service Against Domestic Abuse 044 9333867
- Midlands Rape Crisis Centre 09064 73862 Free phone 1800 306 660
- Regional Sexual Abuse Helpline 1800 306 660
- Piersa House 01 601 0000
- Midlands Living Links 086 1600 641
- Longford County Childcare Committee 043 334 2565
- Westmeath County Childcare Committee 044 9335454
- MMS 0763 07 2000
- Community Mothers Longford & Westmeath 0860442554
- Youth Work Ireland, Midlands 086 687 7075
- RIE Project, Athlone 0904 27075
- EYE Project, Mullingar 044 933 5652 / 086 372 8994
- Mullingar Youth Project 044 9349636 / 086 7953354
- Athlone Youth Project 090 644 4015 / 086 795 5334
- Youth Information Service 086 795 5684
- The Attic House, Longford 087 135 3874
- The Gateway Project, Athlone 086 027 9149
- Foreign Futures, Longford 086 9872320
- SAGE Project, Longford 086 7954277
- LEAP Project, Longford 086 8507371 LEAP Family Support 086 8540888

### Laois Offaly CYPSC



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

- Offaly Local Development Company 086 8609882
- Laois Partnership Company 057 86 61900
- TUSLA Tullamore 057 93 19599 Portlaoise 057 86 92567
- Midlands Youth Drug & Alcohol Support 057 93 51691
- Barnardos Tullamore, Edenderry & Portlaoise 057 9326803 or on 046 9732463
- Portlaoise Community Dev Ass 085 856 8801
- Tullamore Community & Family Resource Centre 057 93 20598
- Clara Community & Family Resource Centre 057 93 31928
- Mountmellick Youth and Family Resource Centre 057 86 24601
- Portlaoise Family Resource Centre 083 0106264
- Parents First Laois Offaly 086 1959221, 085 8565252
- Inclusion Ireland – Disability support 01 8559891
- Family Carers Ireland Laois Offaly 057 93 70208
- Youth Work Ireland Midlands 090 64 77075
- Youth Work Ireland Laois 057 86 65010
- Laois Domestic Abuse Service 057 86 71100
- Offaly Domestic Violence Service 057 93 51886
- Gardaí Tullamore 057 93 27600
- Gardaí Portlaoise 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 Tullamore Helpline 1800 32 32 32 or 057 93 22500
- Jigsaw Laois Offaly [www.jigsawonline.ie](http://www.jigsawonline.ie)

\*PLEASE NOTE PHONE SERVICE ONLY AVAILABLE FOR SOME SERVICES\*



**BETTER OUTCOMES BRIGHTER FUTURES**  
The national policy framework for children & young people 2014 – 2020

Annual Report for the fifth year of implementation, January – December 2019

- Active & Healthy
- Achieving
- Safe
- Economic Security
- Connected & Respected

**Better Outcomes Brighter Futures (BOBF) Fifth Annual Report 2019:** The fifth Annual BOBF report was published this week. The report is tracking progress from January - December 2019. BOBF concludes at the end of 2020, and work on the final Annual Report will begin in January 2021. This report will review and evaluate the strategy since its inception in 2014. To download the 'Better Outcomes Brighter Futures, Fifth Annual Report: January – December 2019', [CLICK HERE](#)

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**Preparing for Christmas**

**EVERY CONTACT COUNTS.**  
If we are going to minimise the risk of infections spiking over Christmas we have to keep the numbers of people we meet as low as possible for the next two weeks.

From Friday next, 18th December to Wednesday 6th January

We may have visitors in our homes from up to two other households, and

We can travel outside our own county.

More information at [gov.ie/SafeChristmas](https://www.gov.ie/SafeChristmas)

Riailtas na hÉireann  
Government of Ireland

### Public Health Information regarding Covid-19:

Ireland are currently on [Level 3](#) 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](#)

**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](https://www.gov.ie/adviceforparents)

### Online Events/ Activities:

**FREE Christmas Resources, Pintables and Activities:** 123KidsFun have compiled lots of free resources for Children to keep them busy over the Christmas holidays, including free downloadable colouring pages, Christmas activities, Christmas Crafts, and winter games for all the family.

To access the free resources [CLICK HERE](#)

**Ask Santa - Christmas Eve Show:** Athlone Family Resource Centre are hosting a special online event on Christmas Eve and they are inviting the boys and girls to send in their questions for Santa this Christmas.

The Christmas Eve Show will premiere on [Athlone Family Resource Centre Facebook Page](#) and

on [Athlone FRC You Tube Channel](#)

at **7:00pm on Christmas Eve**. For further details [CLICK HERE](#)

**Christmas Cheer by Westmeath Libraries:** [Westmeath Libraries](#) are hosting some virtual Christmas fun for the whole family. Paul Timoney as 'Sean O'Keefe-Seanacha' is joined by Kyle Riley for a festive family event which will take place on Monday 21<sup>st</sup> December at 4pm.

Zooming live into your sitting room, kitchen, or wherever your family gathers, this event brings you songs, stories and a magical interactive art activity. Sean O'Keefe will introduce you to two brand new, soon to be Christmas Classics- A Donkey's Tale and The Penguin Who Didn't Want To Help. Children's musician and performer, Kyle Riley, will have you singing along to many Christmas fave raves.

And if that wasn't enough, get your paper, pencils and colours at the ready for some psychic art with Sean. It's an action packed hour of Christmas Cheer that goes down smoother than a cup of hot cocoa. To register for this family festive event [CLICK HERE](#)







### The 12 Stories of Christmas: [Fighting Words](#) and [Graffiti Theatre](#)

[Company](#) are collaborating in an exciting Christmas Initiative. They are inviting young writers between the ages of 6 and 12 years to write their own Christmas story! 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! The stories are also available in English and Irish in a book you can [download and print!](#)



### 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](#)



**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](#)

**This is the final LW/LO CYPSC Information Update for 2020, the CYPSC Coordinators, Gráinne and Niamh would like to wish all of our readers a very Happy Christmas and we look forward to a brighter 2021 for all. #KeepWell this Christmas**



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)