



Weekly Information Bulletin – 18th 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:

<u>Longford</u> <u>Westmeath</u> <u>Laois</u> <u>Offaly</u> <u>Local Authorities in Ireland</u>

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

Laois Offaly CYPSC





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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Public Health Information regarding Covid-19:

Ireland are currently on <u>Level 3</u> of the <u>Resilience and Recovery 2020-2021: Plan for Living with COVID-19</u>

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 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-Seanchai' is joined by Kyle Riley for a festive family event which will take place on Monday 21st 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**





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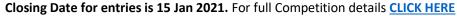
The 12 Stories of Christmas: Fighting Words and Graffiti Theatre

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 Gaeilge! 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.





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 <u>Facebook</u> and/or <u>Twitter</u>, or LO CYPSC on <u>Facebook</u> and/or <u>Twitter</u>.

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