

Weekly Information Bulletin – 20th Nov 2020

General Information/ Updates:



Keep Well In Your Community: Please find below this week's information in relation to the "[Keep Well](#)" Campaign, both at national and local level.

The Healthy Ireland "Keep Well" campaign provides guidelines, information, and tips on how to keep well through the coming months, this information is being added to on an ongoing basis on the gov.ie [Healthy Ireland](#) webpage and is being rolled out under five key themes:

1. [Staying Active](#): even during the winter, it is important to help physical and mental health and wellbeing. [Sport Ireland](#) is leading a series of initiatives that will support people to stay active in their own local areas throughout the winter. Sporting organisations and clubs are developing ways to support local communities.

2. [Keeping Connected](#): staying connected with people and addressing isolation as person-to-person connection is reduced is so important to our wellbeing. Building on the Community Call response earlier in the year, Local Authorities will be providing a local

community helpline and befriending service. Your **Local Community Call** numbers are as follows:

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

3. [Switching Off](#): switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing. The Local Authorities and libraries in partnership with Creative Ireland, and working with partners at national and local level, will provide a range of initiatives to support individual and community creativity in the arts, crafting, culture and heritage.

For information regarding local initiatives, resources and events in the **Keep Well campaign** Click on the following Local Authority links: [Longford](#) [Westmeath](#) [Laois](#) [Offaly](#)

4. [Eating Well](#): by nourishing your body and mind we can positively impact our physical and mental wellbeing. The [SafeFood](#) "START" campaign, focuses on making the most of family time and adding healthy habits. [Bord Bia](#) will provide information and resources to support healthy eating this winter. In addition, the network of [libraries around the country](#) will facilitate a major initiative in early 2021, to support more people to grow their own food

5. [Minding Your Mood](#): equipping people with information on where to go if they need support e.g. [HSE's Your Mental Health website](#). The HSE have also launched a series of "[Minding Your Wellbeing](#)" resources and videos. In addition, the [Children and Young Peoples' Services Committees \(CYPSC\)](#) around the country are being supported to provide relevant activities and supports to children, young people and families over the coming months. For information on your local CYPSC click on the appropriate link: [Longford Westmeath](#) [Laois Offaly](#)

[CLICK HERE](#) to view the **Keep Well Resilience Now's the Time to Make a Plan** Video

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World Children's Day 2020: Today we celebrate World Children's Day. It 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. See below just some examples of how to support and promote World Children's Day today.

[Unicef Ireland](#) have been promoting and celebrating World Children's Day, with Irish young people joining leaders from politics, sport and entertainment, including interviews with David Beckham, Millie Bobby Brown, Ireland's Taoiseach and top Ministers, for a celebration of children's rights. For further information on how these youth advocates have raised their voices to reimagine a post-pandemic world for children [CLICK HERE](#). #WorldChildrensDay

[Child Talks 2020](#), an annual Irish event which 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 also takes place today. This year's online event will be co-hosted by Longford young person Eric Ehigie. This year's theme is 'A Day in my Life'. This event will be streamed live online on <https://www.oco.ie/> from **11am this morning**. We wish Eric and all of the young people every success for this year's event. #ChildTalks2020

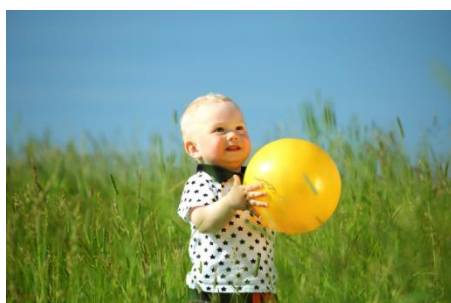
In promotion of World Children's Day, [Parents Plus](#) have shared the following excerpt from the top Five ways to connect with your children by John Sharry, to read the full article Click [here](#)

Having a warm connected relationship with your children is definitely one of the most enjoyable aspects of parenting. Doing fun activities together, sharing experiences and having good conversations all make for creating deeply satisfying relationships between parents and children.

Such connected relationships have enormous benefits for children, in terms of building their self-esteem and confidence and providing them with a secure base in the world, as well as benefits for parents in helping them understand their children and putting them in a place of positive influence as their children grow up. In the full article John explores five practical ways parents can build a warm relationship with their children.

1. **Maintain a connection**
2. **Get to know their special interests**
3. **Try to have a daily 'chatting' time with each of your children**
4. **Build shared hobbies together**
5. **Take an interest in their friends and school work**

For information on how you can [#TurnTheWorldBlue](#) and celebrate Children's Day [CLICK HERE](#)



Three Stages of Developmental Play: Healthcare Professionals have an important part in helping parents of toddlers (1-3 years) learn how significant play is for development and reasoning skills. In a recent article, [Joanna Fortune, Clinical Psychotherapist and Attachment Specialist](#) outlines the three stages of developmental play, i.e. Sensory Play, Projective Play and Role Play. [CLICK HERE](#) to read the full article

Joanna, alongside psychotherapist Janet Healy has also completed a series of Playful Parenting Support Videos, commissioned by Dublin City South CYPSC.

[CLICK HERE](#) to access the full suite of videos

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Stand Up Week 2020: This week is Stand Up Awareness Week. Stand Up Awareness Week is a time for second-level schools, youth services, and Youthreach Centres in Ireland to join together and take a stand against homophobic, biphobic and transphobic bullying. This week is an opportunity for schools to look at how they can make them safe and supportive places for LGBTI+ students. It is unacceptable that one in five young LGBTI+ people face bullying, and that 73% of young LGBTI+ students feel unsafe at school. [BeLonGTo](#) in collaboration with many youth services across the country, are working hard to raise awareness this week, as well as educate and train the entire school community around supporting LGBTI+ young people. For further information and to download #StandUp resources [CLICK HERE](#) and to see the many supportive posts and awareness raising taking place on social media you can use the hashtags #StandUp #ComeIn



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

Webinars/ Training/ Online Events:



Triple P Positive Parenting Programme: Triple P is one of the world's most effective parenting programmes and is available FREE throughout [Laois](#), [Offaly](#), [Longford](#) & [Westmeath](#). Triple P helps parents handle the big and small challenges of family life. Triple P's Positive Parenting approach is about creating a strong relationship with your child or teenager, encouraging positive behaviour and managing stressful situations. Triple P programmes are the result of more than 25 years of research and evidence. For further information on Triple P, visit the Ask about Parenting website [HERE](#)

For parenting support and information on upcoming programmes in your area, please contact your local

Triple P Practitioner listed below:

Catherine Carragher: 087 7057965 Email Catherine.Carragher2@tusla.ie

Longford

Anne Mc Guinness: 086 8062095 Email: Anne.McGuinness1@tusla.ie

Mullingar & surrounding areas

Tracey Donaghue: 087 7041999 Email tracey.donaghue@tusla.ie

Athlone/Moate, Clara, Birr & surrounding areas

Helen Henry: 087 98775107 Email helent.henry@tusla.ie

Tullamore, Edenderry & surrounding areas

Deirdre Dowling: 086 0274837 Email Deirdre.dowling@hse.ie

Laois

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What's the Story with College? [College Awareness Week 2020](#) takes place next week, from 22nd – 28th November. For details on events taking place [CLICK HERE](#)

One such event taking place on Wednesday 25th November from 2pm – 3pm is the *What's the Story with College* Webinar. This webinar is organised by [College Connect](#) which is a collaborative initiative, comprising of Athlone Institute of Technology (AIT), Dundalk Institute of Technology (DkIT), Dublin City University (DCU), and Maynooth University (MU).

The *What's the Story with College* webinar is very much student centred and student led in the sharing of different experiences of getting to college.

TemperMental Miss Elayneous, a young Irish rapper, will perform some **spoken word performances** so there will be a mixture of entertainment as well as an interview about her journey to college. There will also be a **panel discussion with a group of students who will share their experiences about their route to college and about the supports** that have got them through. To register for this event [CLICK HERE](#) or contact the Community Connector in Athlone Institute of Technology by emailing Carmel at chennessy@ait.ie or the Maynooth University Community Connector, Melanie at melanie.crabbe@mu.ie with any queries



Non Violence Resistance training information Webinar: A free online webinar entitled, *Ending Shame and Silence-NVR responding to family fear and violence* is taking place next Wednesday 25th November. This webinar, hosted by [NVR Ireland](#), is aimed at Practitioners, researcher/academics and policy makers. The Goals of the Webinar are to **Raise Awareness and to Support Practitioners** in ending the silence and shame of child to parent violence and abuse through using skills and strategies of NVR. Please note the **Deadline for registration is TODAY Friday 20th November**. To register for this event please, [CLICK HERE](#)



One World Week 2020: This year's One World Week theme is **Power** and will run from 23rd – 29th November 2020. A [free One World Week resource](#) entitled **Building Back Better: Youth, Power and Planet** is now available to download. 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](#)



Bereaved Children's Awareness Week 2020: [Bereaved Children's Awareness Week 2020](#), sponsored by the [Irish Hospice Foundation](#) and [Tusla](#), will run from 23rd – 27th 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](#)



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 24th Nov @7pm, Wed 2nd Dec @1pm and Tues 8th Dec @7.30pm [CLICK HERE](#) for registration details.

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