

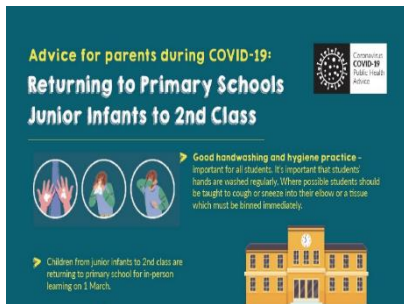
General Information/ Updates:



An Roinn Leanai, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

Department of Children, Equality, Disability, Integration and Youth (DCEDIY)

Press Release: The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, earlier this week, announced **the gradual lifting of restrictions on the operation of early learning and childcare services**, subject to continued improvement in the public health situation. The gradual lifting of restrictions is due to commence from 8th March. For full details contained in the Press Release, [CLICK HERE](#)



Phased return of in-school teaching and learning for students commencing Monday 1st March:

The Government decision for phased return to in-school provision for students at both primary and post-primary level was announced earlier this week. Children from Junior infants to 2nd Class are returning to Primary School for in-person learning from 1st March. For further information including a selection of posters featuring advice for parents [CLICK HERE](#). See the [FULL PRESS RELEASE](#) from the Department of Education, which contains details for both **Primary and Post-Primary Level** regarding the phased return for students commencing next week.

Keep Well In Your Community: To keep up to date on the cross-government community resilience campaign, including guidelines, information and tips on how to keep well visit the [Healthy Ireland](#) Keep Well campaign webpage.

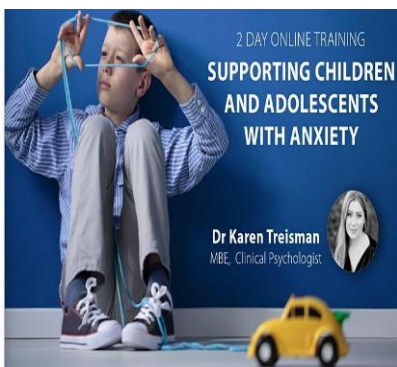
For information on how to **Keep Well in your Community** at a local level, check out your local Authority Keep Well Pages at the following links:

[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 and Westmeath** [CLICK HERE](#) and in **Laois and Offaly**, [CLICK HERE](#)



Successful delivery of two-day Child and Adolescent Anxiety training in Midlands Area:

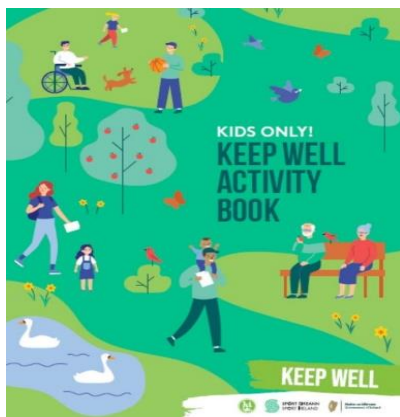
Huge congrats to all that attended the **Supporting Children and Adolescents with Anxiety** two-day online training earlier this week.

Tullamore and Clara Family Resource Centres with the support of Laois Offaly CYPSC and the Healthy Ireland Fund hosted a two day FREE online training course with [Dr Karen Treisman](#), MBE, Clinical Psychologist. The training took place on the 24th and 25th February with over 300 in attendance. The participants included parents, carers and professionals from right across **Laois, Offaly, Longford and Westmeath**.

Many thanks to Dr. Karen Treisman for an excellent programme that was so well received by all.



Foróige and CYPSC Launch "The COVID Word" Online Campaign: A social media campaign created in collaboration with young people from South Dublin, Sligo and Leitrim and in a partnership between Foróige and Children and Young People's Services Committees (CYPSC) was launched earlier this week. No two Covid-19 lived experiences are the same; we all have to navigate in uncharted emotional terrain - without a compass. In this uncertainty, it helps simply knowing you're not alone. There is immense power in peer community support - to cope through tough times, and make good times even brighter. While young people need our support, they also possess their own hopeful power and wisdom. As experts in their own lives this campaign **uncovered and shares their thoughts and ideas**. Through youth voices, this campaign **by young people for young people** helps acknowledge and manage losses while recognising personal power to live well through current circumstances and boost individual and collective resilience in 2021. The messages delivered through this campaign and the look and feel of the campaign were developed by Ireland's young people during workshops carried out by Foróige youth workers on behalf of Sligo Leitrim CYPSC and South Dublin CYPSC. The campaign will run for 5 weeks from 24th February to 24th March on TikTok, Twitter, Instagram and Facebook. We invite all to share, like and re-share the campaign and spread the message of youthful resilience. For more information on The COVID word campaign [CLICK HERE](#)

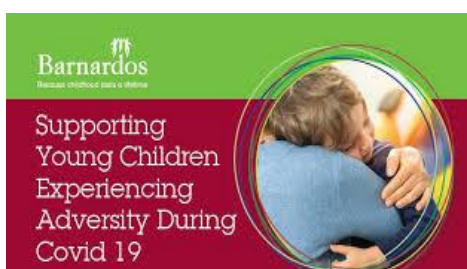


Sport Ireland Kids Only Keep Well Activity Book: As part of the [Keep Well](#) campaign [Sport Ireland](#) want the whole family to get involved and stay active in body and mind. To help they have come up with some small activity challenges that focus on nature, walking, staying fit and getting creative! Sport Ireland have produced an illustrated activity book for kids and for all the family to get involved and keep well! The cross-Government #KeepWell campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing during these difficult times by adding healthy and helpful habits to our daily and weekly routine.

To download the Kids Only Keep Well Activity Booklet [CLICK HERE](#)



HSE Connecting for Life Information Postcard: HSE Ireland and Connecting for Life Midlands, Louth and Meath have compiled an Information Postcard containing many important service contact details. For ease of sharing on Social Media, you can click on either the following [Facebook](#) or [Twitter](#) posts.



Barnardos – Supporting Young Children Experiencing Adversity During Covid 19: Barnardos have produced a document to support practitioners who may be working with or supporting children facing adversity. Covid 19 is a new adverse event in the lives of children. For some, any adversity is new to them, for others it is yet another adverse factor in their lives. The document aims to help you understand how adversity might impact on their lives and how you might be able to support them. To download the document [CLICK HERE](#)

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Inclusion Ireland Easy to Read: There is a wide range of *Easy to Read* publications and leaflets, produced by Inclusion Ireland and other organisations, national and international available [HERE](#) to download from the Inclusion Ireland website. Such examples include:

- A short guide to the symptoms of the Coronavirus
- What happens when you get a test for Covid19
- Filling in the Social Housing Support Application Form
- HSE Health Passport

Also featured on the [Inclusion Ireland website](#) are two very useful easy to read guides produced by Inclusion London on how to use Zoom.

These useful step by step guides can be downloaded by clicking on the text below:

- [How to join a Zoom meeting with a laptop or computer](#)
- [How to join a Zoom meeting with a phone or tablet](#)



College Connect - College is For Anyone, It Can Be You: College Connect have recently launched a brand-new messaging video for all Community Organisation/Services and any potential students that may be considering college as an option or who may not yet know that they can too can go to college. College Connect is an initiative to support people from a range of backgrounds to access college, including lone parents, people with disabilities, Irish travellers and more. This excellent resource video made in consultation with a selection of current students from their priority groups, community advocates and Access service expertise can be viewed [HERE](#). For further information you can get in touch with College Connect at collegeconnect.ie



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

Webinars/ Training/ Online Events:



Barnardos
Plugged In Switched Off

A Webinar About Digital Wellbeing & Screen Time
30th March 2021 | 10am-12pm

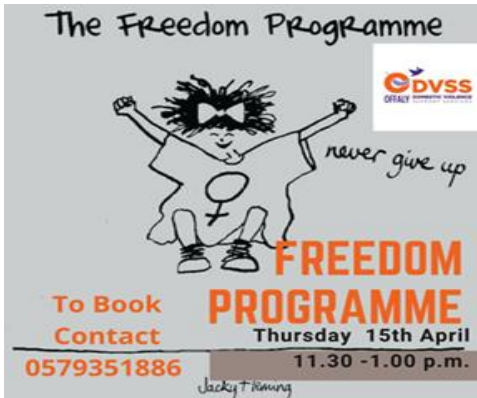
Speakers & Experts:

- **Sharon Fortune** - Clinical Psychotherapist
- **Input from young people**
- **Webinar & Youth Advisory Panel**
- **Input from Industry** - TB Tech, Google
- **MC:** Anton Savage

Details on [individual sessions & agenda](#) [here](#) webinars@barnardos.ie
Sponsored by [Google.org](#)

Barnardos 'Plugged In Switched Off' Webinar: Barnardos are facilitating a webinar entitled 'Plugged In Switched Off' on 30th March 2021, 10am – 12pm. The webinar is aimed at both Parents and Professionals working with Children and Young People and its aim is to empower parents and professionals with tools and strategies to help manage children's Screen Time and Digital Wellbeing, as well as to discuss and learn from one another in break out workshops based on different themes. For further details and to register for this event, please [CLICK HERE](#)

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ODVSS – The Freedom Programme: Offaly Domestic Violence Support Services are delighted to run their first **Freedom Programme** which explores the tactics used by the perpetrator. This online course is suitable for victims/survivors of domestic violence and abuse, along with front line staff who engage with victims/survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed. The first programme is scheduled online for Thursday 15th April from 11.00 a.m. to 1.00 p.m. For information and booking contact 0579351886 or email supportwork@odvss.ie Referrals also taken.



Saturday Sing Along Sessions- Early Years Learning with

Hummingbirds: Athlone Family Resource Centre and Ms. Annie from Hummingbirds Lets Make Music are delighted to bring you a monthly Saturday Morning Sing Along Session for the little ones. After a very successful sing along in January, the second session will take place live tomorrow Saturday 27th February at 11am on [Athlone Family Resource Centre Facebook page](#) Ms. Annie hosts a wonderful interactive session of rhymes, song and stories. This is a wonderful way for the early years age group to develop language and communication skills, as well as have some fun, from the comfort of their own home.



Ireland Reads: As part of the Healthy Ireland '[Keep Well](#)' campaign and funded by Slaintecare, the recently launched '[Ireland Reads](#)' campaign is promoting the power of reading for enjoyment and wellbeing. [Irish libraries](#) are aiming to get the whole country reading this month in the lead up to a national day of reading on **Thursday, February 25th**. More details can be found on www.irelandreads.ie #SqueezeInARead



Introduction to Self-Harm Programme: The [HSE National Office for Suicide Prevention](#) have developed an online programme which is suitable for those who seek to develop their knowledge and understanding of self-harm and the reasons underlying such behaviour. The 'Introduction' programme is non-clinical and aims to covers the elements of personal attitudes, various types of self-harm behaviour and the feelings and causes which may lead people to engage in the behaviour. How to support and care for those engaging in self harm and what resources and services are available will also be outlined. For further details on the programme and how to register contact local [Resource Officer for Suicide Prevention](#)

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