

Weekly Information Bulletin – 27th Nov 2020

General Information/ Updates:



Santa Claus exempt from Covid travel restrictions: The Minister for Foreign Affairs, Simon Coveney, TD, made an important public announcement in the Dáil yesterday, announcing that Santa Claus will be exempt from any Covid travel restrictions this Christmas and will be delivering presents to all of the boys and girls in Ireland. Children have been reminded that Social distancing must be maintained so as to ensure safety for all and an early bedtime recommended. There will be a lot of relieved and excited children across the midlands and all of the country on hearing this announcement, as they look forward to the Toy Show tonight and Santa's arrival next month. To view the Ministers full video announcement [CLICK HERE](#) (A really important video for all little ones, after an extremely difficult year for them all)



Keep Well In Your Community: Please find below this week's information in relation to the "[Keep Well](#)" Campaign.

Make a Plan: Now's the time to *make a plan* to #KeepWell over the months ahead. One suggestion from the campaign is daily exercise outdoors. This can really improve our mood. So why not, wrap up, head for a run, get on the bike or just go for walk, at your own pace. For more ideas on how to start your plan click [HERE](#)
The Healthy Ireland "Keep Well" campaign provides guidelines, information, and tips on how to keep well through the coming months, visit the gov.ie [Healthy Ireland](#) webpage for the most up to date information on what is being rolled out under the five key themes:

1. **Staying Active:** [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:** Local Authorities provide 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:** 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:** The [Safefood](#) "START" campaign, focuses on making the most of family time and adding healthy habits

5. **Minding Your Mood:** The [HSE's Your Mental Health website](#) provides information on where to go if you need support. The HSE have also launched a series of "[Minding Your Wellbeing](#)" resources and videos. The [Children and Young Peoples' Services Committees \(CYPSC\)](#) are also rolling out a number of relevant activities and supports to children, young people and families over the coming months.

To contact your local CYPSC Coordinator in the Midlands area email Longford Westmeath CYPSC: grainne.reid@tusla.ie or Laois Offaly CYPSC: niamh.dowler@tusla.ie

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First 5 Ireland: [First 5 Ireland](#) have published their Annual Implementation Report 2019. The Minister for Children, Equality, Disability, Integration and Youth, Roderic O' Gorman, T.D. officially launched the report on 20th November last. First 5 focuses on the period of early childhood, from the antenatal period to age five, and takes a joined-up, cross-government approach to supporting babies, young children and their families during these critical early years. The First 5 Annual Implementation Report 2019 summarises the progress in implementing the strategy, with over 90% of all 2019 commitments met at this point. The Report also outlines key achievements from 2019, including:

- the introduction of a new entitlement to paid parents leave and extended entitlements to unpaid parent leave;
- foundational work to streamline and improve parenting supports across Government;
- a range of new measures to promote healthier childhoods;
- progress on key reforms to the early learning and care system; and
- the introduction of new measures to tackle early childhood poverty.

A summary video highlighting the progress made in 2019 in helping give children the best start in life, can be viewed [HERE](#)
The Annual First Five Implementation Report 2019, in both English & Irish can be read [HERE](#)



Tusla Child and Family Support Networks: As a provider of essential frontline services, Tusla services continue to operate during the new Level 5 restrictions. The Child and Family Agency work in partnership with children, families, communities, child and family practitioners and other agencies – both statutory and community and voluntary.

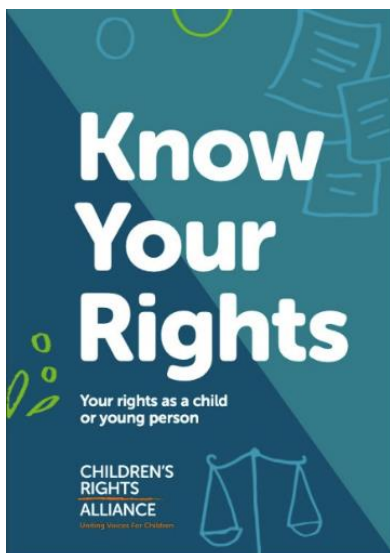
Please see below, links to information in relation to the Child and Family Support Networks, as promoted on Tusla Social Media this week **#AFamilyOfSupport** :

- Sometimes families need extra help to deal with a child or teenager's challenging behaviour. Support is available to empower children and parents to take positive action to address problems. Visit <http://tusla.ie/familysupport> for more information.
- Covid-19 is creating additional pressures for children and families. Your local Child and Family Support Network has been there throughout the pandemic and will continue to be. There are currently 117 Child and Family Support Networks (CFSN'S) across Ireland. If you have found yourself needing extra support, your local CFSN Coordinator will be there to point you in the right direction. [CLICK HERE](#) for an informative video by Kate, the Longford Westmeath CFSN Coordinator or [CLICK HERE](#) for more information
- Meitheal is a parent-led approach that helps children, young people and families by bringing people together. It looks at the strengths as well as needs of children and their families in solving problems. [CLICK HERE](#) for a video that tells Ann's experience of Meitheal, and how it made her family "feel empowered". Ann is a widow with two teenage children, that describes her Meitheal experience as "shining a light on the situation." For more information on Meitheal [CLICK HERE](#)
- Becoming a new parent can be a challenging time for anyone. Having an off day is totally normal and so is asking for help. [CLICK HERE](#) for more information.



The 12 Stories of Christmas: [Fighting Words](#) (an Irish company, whose aim is to help children and young people, to discover and harness the power of their own imaginations and creative writing skills) and [Graffiti Theatre Company](#) (an Irish company, whose aim is to support young people from birth to 18 years to find their voice and develop their sense of value through our innovative and engaging arts programmes) are collaborating in an exciting Christmas Initiative this year. They are inviting young writers between the ages of 6 and 12 years to write their own

Christmas story! 2020 has been a difficult year for so many and spreading holiday cheer is more important than ever, so 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! You can also find the story links on Fighting Words facebook page [HERE](#)
The stories area also available in English and Irish in a book you can [download and print!](#)



Know your Rights Guide for Children and Young People: [The Childrens Rights Alliance](#) has produced a guide on children's rights and entitlements. The guide contains information on what rights and entitlements children have in Ireland as well as information on where to go when those rights and entitlements are not respected. You can also get information on your rights across a range of topics that are relevant to children and young people in Ireland:

[My right to be treated equally, be included and make my own decisions](#)

[My right to education](#)

[My right to health](#)

[My right to protection from harm](#)

[My rights in the family](#)

[My rights as a migrant or refugee](#)

[My rights in dealing with criminal law and the Gardaí \(Irish police\)](#)

[My rights online](#)

[My right to shelter](#)

[Where can I go for help?](#)

To download the full report [CLICK HERE](#)



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

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Webinars/ Training/ Online Events:



cara
sport • inclusion • ireland

Autism in Sport
Online Workshop

Date: Tuesday 15th December 2020
Time: 7pm - 9.30pm
Email: odempsy@longfordcoco.ie
Tel: 086-6021716

SPORT ÉIREANN
SPORT IRELAND

Autism in Sport Online Workshop: [Longford Sports Partnership](#) are hosting an online Autism in Sport workshop on 15th December 2020.

This course is aimed at sports leaders, coaches, volunteers, teachers, principals, special needs assistants (SNAs), parents, or anyone who has an interest in making their sport accessible and inclusive for people with autism.

This two and half hour workshop will provide participants with an understanding of Autism, focusing on the delivery of sport.

The course content is designed to help participants to recognise and understand key areas of consideration and to look at practical strategies, which will help to include people with autism in sport

For further details contact Orla, the Sports Inclusion Disability Officer by emailing odempsy@longfordcoco.ie



Fingal CYPSC and Dublin City North CYPSC invite you to the launch of

Domestic Abuse Resource Pack

30th November 2020 @ 1pm

Opening and Introduction - **Catherine Sheehan**, Tuola Area Manager, Dublin North
Impact of Domestic Violence on Children and Young People - **Stephanie Holt**, Associate Professor, TCD
Information on Sonas Domestic Violence Charity services - **Fiona Ryan**, CEO
Information on Aoihbneas Domestic Abuse Support for Women and Children services - **Cristina Santamaria**, Head of Services
Launch - Minister for Children, Equality, Disability, Integration, and Youth - **Roderic O’Gorman TD**
Chairman and Members and Close - **Joy McChes**, Tuola Area Manager, Dublin North City

Launch of Domestic Abuse Resource Pack: Fingal CYPSC and Dublin City North CYPSC invite you to the virtual launch of their Domestic Abuse Resource Pack on 30th November 2020. This resource will be launched by Minister for Children, Equality, Disability, Integration, and Youth, Roderic O’Gorman TD as well as having many guest speakers listed below:
Impact of Domestic Violence on Children and Young People - **Stephanie Holt**, Associate Professor, TCD
Information on Sonas Domestic Violence Charity services - **Fiona Ryan**, CEO
Information on Aoihbneas Domestic Abuse Support for Women and Children services - **Cristina Santamaria**, Head of Services. To register for this event [CLICK HERE](#)



Minding Your Wellbeing
New evidence-based approach to good mental health.

You will learn about:

- 01 practicing self-care
- 02 understanding our thoughts
- 03 exploring emotions
- 04 building positive relationships
- 05 improving our resilience

HSE your mental health

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 Programme

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 : Wed 2nd Dec @1pm and Tues 8th Dec @7.30pm [CLICK HERE](#) for registration

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