

General Information/ Updates:



Keep Well In Your Community: The cross-Government community resilience campaign co-ordinated by Healthy Ireland and funded by Slaintecare is continuing across the months of January, February and in to March. To keep up to date on guidelines, information and tips on how to keep well visit the [Healthy Ireland](#) Keep Well campaign webpage.

The **Keep Well** campaign is **sponsoring Operation Transformation** this year. The programme goes out at 9.30 on Wednesday nights on RTE 1 TV and will be on air until the end of February. Operation Transformation is a TV series on RTE 1 encouraging the Irish public to get healthy. Over the course of the show it gives the nation the tools they need to eat well and maintain and improve their physical and mental health. This year **Operation Transformation** aims to help people find ways of getting and staying healthier in body and mind while living with Covid restrictions. Previous episodes can be found on the RTE Player [HERE](#)

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, Westmeath, Laois and Offaly** click on the LW CYPSC/ LO CYPSC Contact Lists below:



LW CYPSC



LO CYPSC

Health and Wellbeing Podcasts – Midlands Area: A series of health & wellbeing podcasts have been produced in the Midland counties. A number of podcasts have been produced in Westmeath, Laois and Offaly, and the Longford Podcasts are due to be launched very soon. These podcasts capture a wide range of diverse and interesting conversations with a range of professional staff working across the Statutory, Community & Voluntary sector in the Midlands. Other guests include Author Stella O'Malley, Counsellor, and Psychotherapist, and Author John Lonergan, former Governor of Mountjoy Prison. These thought-provoking conversations give fascinating insights into the experience and knowledge gained by these staff working across communities. An example of topics include: [Building Resilience](#), [Parenting](#), [It's Playtime](#), [Domestic Abuse](#), [Fear Less](#), [Sport & Youth Mental Health](#) and [The Modern Family](#), and many, many more! The podcasts have been created through a collaborative partnership with HSE Health Promotion & Improvement (Midlands Louth Meath CH0 8), HSE Resource Office of Suicide Prevention (Laois Offaly), Westmeath Community Development, Offaly Local Development Company, Laois Partnership Company, and Longford Community Resources clg. Please click on the Podcast logos below to access the wide range of podcasts available.



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Your MentalHealth.ie: For informaton, support and advice on how to mind your mental health during the Coronavirus outbreak, visit the HSE yourmentalhealth.ie website by [CLICKING HERE](#) or phone their information line on **1800 111 888**

yourmentalhealth.ie
Information Line
1800 111 888



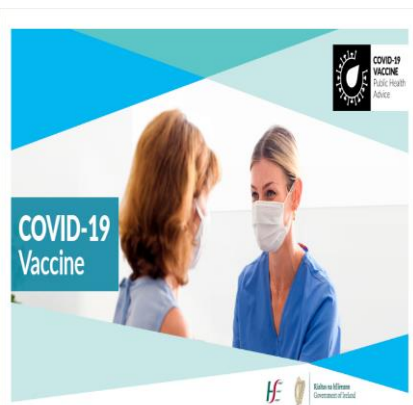
Public Health Information regarding Covid-19: Ireland are currently on [Level 5](#) of the [Resilience and Recovery 2020-2021: Plan for Living with COVID-19](#) For the **most up to date information** and advice on Coronavirus, please see: **Department of Health DOH:** Covid 19 information and campaigns [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



COVID- 19 Vaccine: The vaccination programme continues to be rolled out nationwide, and the HSE have administered a total of 121,900 Covid-19 vaccines (up to 20th January). The COVID-19 vaccination programme will be further accelerated as vaccines arrive, and it will involve a national partnership with GPs, Pharmacists and other healthcare professionals across Ireland.

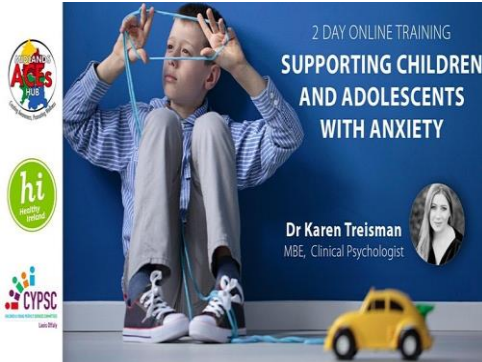
Everyone is encouraged to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check gov.ie/covid19vaccine for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at www.hse.ie/covid19vaccinematerials

- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Read the [COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

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Webinars/ Training/ Online Events:



Supporting Children and Adolescents with Anxiety: Tullamore and Clara Family Resource Centres with the support of Laois Offaly CYPSC and the Healthy Ireland Fund are hosting a two day FREE online training course with [Dr Karen Treisman](#), MBE, Clinical Psychologist entitled **Supporting Children and Adolescents with Anxiety**.

This training will take place on the 24th and 25th February from 9.30am to 4.30pm and is available for parents, carers and professionals **living or working in counties Laois, Offaly, Longford and Westmeath**

Please [CLICK HERE](#) for registration on Eventbrite. Early booking is advisable.



Transformational Transitions: COVID-19 and the Tweener

Live Webinar by
Psychotherapists Joanna
Fortune & Janet Healy

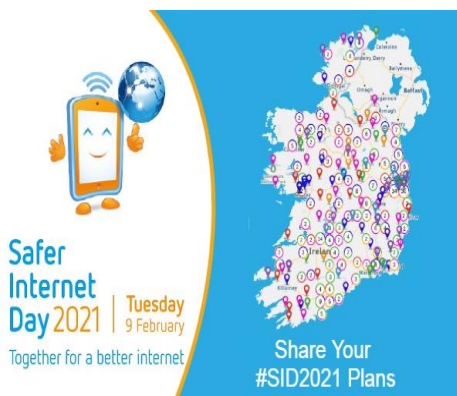
Transformational Transitions: Covid-19 and the Tweener: Dublin City South CYPSC & TUSLA Dublin South Central, are hosting a free *webinar entitled Transformational Transitions: COVID-19 and the Tweener* with Psychotherapists, [Joanna Fortune](#) and [Janet Healy](#) on Thursday 11th February 2021 @7pm - 8.30pm

In this live webinar, psychotherapist's **Joanna Fortune and Janet Healy*** will turn a curious eye to the Tweenage (defined loosely as the years between eight or nine to twelve) experience in the time of COVID-19, offering insight & a playful encounter with this most interesting of developmental stages in the life of a child.

This webinar will explore the trials, tribulations and jublations associated with the Tweenage years - characterised by significant psychological, physical, emotional and relational changes - with a special focus on supporting a child's transition from primary to secondary school, and how a playful and play-filled approach to parenting can help to weather the storm.

This training is available for Parents & those working with Children & families, as a personal and professional support.

Please [CLICK HERE](#) for registration on Eventbrite



Safer Internet Day 2021: Safer Internet Day (SID) is an EU wide initiative to promote a safer internet for all users, especially young people and it takes place on **Tuesday 9th February 2021**. It is promoted in Ireland by the PDST Technology in Education and Webwise. This year's theme for Safer Internet Day is **"Together for a Better Internet"**, and in 2020 over 170,000 people got involved! [CLICK HERE](#) to view the round-up video of Safer Internet Day 2020 in Ireland.

With our young people online more than ever before, it is important that we all work **"Together for a Better Internet"**.

For more information on this campaign [CLICK HERE](#)

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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, commencing on Saturday 30th January.

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. The monthly sessions are funded by Westmeath County Councils [Keep Well Westmeath Campaign](#). To sign up for this Facebook event [CLICK HERE](#)



Whats the Story with Fia Rua - Irish Stories for Kids: Another of Athlone Family Resource Centre's Keep Well initiatives is a **Free online Storytime session for children of all ages**. As we celebrate the light returning and the days becoming longer, Seanchai Fia Rua invites you to gather around as he tells the story of Brigid and welcomes in the first day of Spring! This enjoyable event will take place on 1st February at 12pm and can be viewed on the Athlone Family Resource Centre YouTube page [HERE](#)



Irish National Opera Youth Workshops: Irish National Opera is currently developing the world's first virtual reality community opera. As part of this project, they are currently looking for 14-18 year olds from across Ireland to take part in a series of **free online workshops**, the first of which is a four week creative writing series with Dave Lordan, exploring the theme **Out of the Ordinary**. You don't have to know anything about opera, writing or virtual reality to take part in the project. Participation is free of charge. Enthusiasm and an open mind are all that is required. If you'd like to get involved please fill in the form [here](#) no later than **3rd February** (forms must be completed by a parent or guardian) or for further information [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](#)



Triple P Positive Parenting Programme: Triple P is one of the world's most effective parenting programmes and is available FREE throughout Longford, Westmeath, Laois and Offaly. 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.

Please see over for a full list of upcoming Online Triple P Programmes

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Triple P Groups & Workshops Online

To book a place, please see details below each programme available;

Anne 086 8062095 or anne.mcguinness1@tusla.ie

Catherine 0877057965 catherine.carragher2@tusla.ie

Triple P Groups/Workshops	Dates	Time	Location	
Junior Group Programme (2-10 years)	Starting; Session 1- Tues 26 th January Session 2- Tues 2 nd February Session 3- Tues 9 th February Session 4- Tues 16 th February Phone Call Session – Tues 23 rd February & 2 nd March Session 7- Tues 16 th March	10am – 12noon	Microsoft Teams (You will receive a link to your email & you simply click on this link to join this Group Programme)	To book a place, please contact Catherine 0877057965 or Email catherine.carragher2@tusla.ie
Junior Group Programme (2-10 years)	Session 1 -Thurs 28 th January Session 2 - Thurs 4 th February Session 3 - Thurs 11 th February Session 4 - Thurs 18 th February Phone Call Session – Thurs 25 th February & Thurs 4 th March Session 7 - Thurs 11 th March	10am – 12noon	Microsoft Teams	To book a place, please contact Anne 086 8062095 or Email anne.mcguinness1@tusla.ie
Junior Workshop (2- 10 years) Dealing with Disobedience 2hours x 1 Session	Thursday 28 th January	10am – 12noon	Microsoft Teams	To book a place contact Catherine
	Tuesday 2 nd February			To book a place contact Anne
	Thursday 25 th February			To book a place contact Catherine
Teen Workshop (11- 15 years) Getting Teenagers to Cooperate 2hours x 1 Session	Thursday 4 th February	10am – 12noon	Microsoft Teams	To book a place contact Catherine
	Tuesday 30 th March			To book a place contact Anne
Teen Workshop(11 – 15 years) Coping with Teenagers Emotions 2hours x 1 Session	Thursday 18 th February	10am – 12noon	Microsoft Teams	To book a place contact Catherine
	Tuesday 16 th March			To book a place contact Anne
FearLess Seminar (4-14years) Reducing Anxiety for your child. 2hours x 1 Session	Friday 5 th February	10.30am - 12noon	Microsoft Teams	To book a place, please contact Catherine 0877057965 , Email catherine.carragher2@tusla.ie or Anne 086 8062095, Email anne.mcguinness1@tusla.ie

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