

General Information/ Updates:



Keep Well In Your Community: An Taoiseach, Micheál Martin T.D, the Minister for Health, Stephen Donnelly T.D, and Minister of State for the Department of Health, with responsibility for Public Health, Well Being and the National Drugs Strategy, Frank Feighan T.D., yesterday (Thursday October 29th) launched the “Keep Well” Campaign which aims to support people and communities to mind their physical and mental health.

[CLICK HERE](#) for the PRESS RELEASE.

The “Keep Well” campaign which builds on the “*In This Together*” campaign which happened earlier in 2020, is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips that will help us keep well through the coming months. Full information regarding the campaign will be available on the [Healthy Ireland](#) page of the [gov.ie](#) website.

The “*Keep Well*” campaign is focussed on five main themes:

- **Keeping active** - keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.
- **Staying connected** - staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.
- **Switching off and being creative** - switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.
- **Eating well** - by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.
- **Minding your mood** – equipping people with information on where to go if they need support. This will also be linked with the local community helpline to ensure that people can access the support they need.

[CYPSC are pleased to be a partner in the Government's "Keep Well" Campaign](#) which aims at promoting national resilience over the coming months.



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

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

The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, TD, yesterday (Thursday October 29th) announced

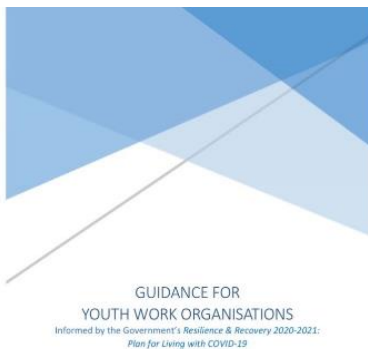
ICT Infrastructure Grants of €1 million for Youth Services. The fund will be administered on behalf of the Department by the Education and Training Boards. The funding will help 1,600 youth services to continue to support young people nationwide, including those in disadvantaged, isolated or rural communities. [CLICK HERE](#) for the PRESS RELEASE.

On Wednesday 28th October, the Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, TD, announced the 113 community projects around the country that will receive funding under the 2020 Communities Integration Fund. A total of almost €500,000 in grant funding has been provided this year. Almost every county in Ireland will benefit from funding for locally run projects to support the integration of migrants. This is the fourth year of the Communities Integration Fund, bringing the total amount made available to date to over €2.0 million. [CLICK HERE](#) for full details in the PRESS RELEASE.



First 5 Ireland: Please see below some tip sheets from the [Aistear Síolta Practice Guide](#) promoted by [First 5](#) on Social Media this week:

- [Tip sheet for parents; helping your young child with pre-writing and pre-reading skills 3-6 years](#)
- [Tip sheet for parents; helping your young child with pre-maths skills](#)
- [Tip sheet for parents; helping your young child with Irish](#)



Guidance for Youth Work Organisations - Informed by the Government's Resilience & Recovery 2020-2021: Plan for Living with COVID-19:

As we are currently in Level 5 of the Plan for Living with COVID-19, please see the updated [Guidance for Youth Work Organisations](#) developed by the National Youth Council of Ireland with the officials in the Department of Children, Equality, Disability, Integration and Youth (DCEDIY). These are not new rules but existing rules that now come in to effect at a different level for the whole country.

Key points of note in [the guidance](#) include that youth organisations:

- May operate groups of **up to 15 outdoors**.
- May operate groups of **up to 6 indoors** for the purposes of informal education and support for disadvantaged and vulnerable young people.
- **Youth workers** - both staff and volunteers - may, with the permission of the management of the service, **exceed the current domestic travel restrictions of 5km** in order to facilitate the provision of youth services.
- Similarly a **young person may also exceed the 5km restriction** in order to attend their nearest funded youth service.
- Continue to encourage young people to keep themselves safe by practicing good hand hygiene and sneezing and coughing etiquette and by **maintaining the 2m distance**.
- Continue to encourage young people to **'keep your distance'**, no matter how awkward it feels, as it is protecting yourself and those around you from the spread of COVID-19.

Please note [this guidance](#) is **indicative** and youth services should take account of local factors such as the level of Covid-19 infection in their area when deciding to continue to provide services.

The following, also previously circulated, is a link to the [official DCEDIY/NYCI Covid Induction for Youth Services](#) training, for your convenience.

The Community Call
Advice & contact information for your county
Mobilising resources, connecting communities





The Community Call: Here is a full list of [Helpline telephone numbers and email addresses](#) for the COVID-19 Community Call Forums across the country including the four Midland Counties of Longford, Westmeath, Laois and Offaly. For further details on services provided by your Local Authority, click on their Community Call details below to visit their websites.

Longford: 1800 300 122

The Community Call
Collection & delivery of food, medicines, other essential items. Social isolation support. Garda related issues. Other medical or health needs.
Community Call will respond to the needs of the vulnerable members of our community



Call 043 3344255 or 1800 300 122
Email covidsupport@longfordcoco.ie
from 9am until 5pm, 7 days a week




Westmeath: 1800 805 816

Westmeath COVID-19 Community Call Helpline



- ✓ Collection & delivery of food, other items
- ✓ Social isolation supports
- ✓ Garda related issues
- ✓ Other medical or health needs

1800 805 816
covidsupport@westmeathcoco.ie




Laois: 1800 832 010

Laois COVID-19 Community Call



We are here to help the cocooning and vulnerable members of our community

- Collection or Delivery of food, essential items
- Social isolation supports
- Garda related issues
- Other medical or health needs

Call 1800 832 010
Email covidsupport@laoiscoco.ie
9AM to 5PM – Monday to Saturday




Offaly: 1800 818 181

Offaly COVID-19 Community Response Forum



- Collection and delivery of food and other items
- Social isolation supports
- Garda related issues
- Other medical, health issues

Call 1800 81 81 81 9am to 5pm, 7 days a week
Email covidsupport@offalycoco.ie





Flu Vaccine for Children aged 2-12 years: This autumn, children aged 2-12 years, will be offered the flu vaccine free of charge. Children carry the flu virus in their system longer than adults do and they can spread the flu easily to others. If enough children are vaccinated against the flu, fewer children and adults will need to see their doctor or need treatment in hospital because of the flu. This is very important for our health services especially during the COVID-19 pandemic. For further information on the HSE website [CLICK HERE](#)

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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.

Self-isolation and Restricting your Movements: You can find the most up to date [information on self-isolation here](#), including a new video on how to self-isolate from the Chief Medical Officer, Dr Tony Holohan. A new video can be viewed from the Deputy Chief Medical Officer, Dr Heather Burns on what it means to [restrict your movements here](#).

COVID-19 Guidance on Visitations to Inpatient Areas of Acute Hospitals including Children's Hospitals, Rehabilitation Services and Other Healthcare Settings Providing a Similar Intensity of Care: This guidance is for visiting inpatients in acute services. You can [download the guide here](#).

COVID-19 Guidance on Visits to and from Community Housing Units for People with Disabilities: This new guidance outlines an approach based on a risk assessment to address visiting residents and also visits from residents to their family homes (or similar setting). You can [download the guide here](#).

COVID-19 Guidance Documents for Vulnerable Communities:

The following HPSC Guidance documents have recently been updated on the HPSC website:

[COVID-19 Guidance for Roma:](#) This guidance is tailored for the Roma Community on how to prevent the spread of COVID-19 and manage COVID-19 cases. It applies to Roma who often live in overcrowded private housing or family hubs.

[COVID-19 Guidance for Travellers:](#) This guidance is tailored for the Traveller Community on how to prevent the spread of COVID-19 and manage COVID-19 cases.

[COVID-19 Guidance for Homeless Settings and Other Vulnerable Group Settings:](#) This guidance is tailored for Homeless settings, and other vulnerable groups, including those with addiction, on how to prevent the spread of COVID-19 in these settings and manage COVID-19 cases. They can be applied in hostels or homeless hubs, including those without clinic or in-house nursing, medical or healthcare support.

[COVID-19 Guidance for International Protection Accommodation Service \(Direct Provision\):](#) This guidance is tailored for International Protection Accommodation Services, including Direct Provision, on how to prevent the spread of COVID-19 in these settings and manage COVID-19 cases.

[COVID-19 Guidance for DSGBV Refuge settings:](#) This guidance document gives general advice about preventing the spread of COVID-19 and dealing with cases of COVID-19 for DSGBV refugees.

For the **most up to date information** and advice on Coronavirus, please see:



Department of Health DOH: Covid 19 information and campaigns [CLICK HERE](#). You can view the latest national public health measures [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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Online Surveys for completion/circulation:



College Connect - Community Engagement Survey: College Connect have teamed up with AIRO (the All Island Research Observatory) at Maynooth University to build an online intuitive map. This map will help the College Connect team and the colleges they represent to **build relationships with local community**

organisations. They believe that local organisations can act as a doorway to link the regions colleges (AIT, DkIT, DCU and MU) with potential students from underrepresented groups.

To help them make the connection, **College Connect are inviting Community Organisations to complete a short five minute survey telling them about your organisations work and where you are located.** To complete the College Connect – Community Engagement Survey, please [CLICK HERE](#).



National Traveller Mental Health Network: The National Traveller Mental Health Network want to know how to best support Travellers mental health during this lockdown and they are asking community organisations to circulate and share a survey with Travellers you may know or work with so as to assist the Network in providing the necessary supports.

[CLICK HERE](#) to access the survey.

Webinars/ Training/ Online Events:



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 following webinar will be held on the following dates: Wed 4th Nov @ 1pm, Tues 10th Nov @ 7pm, Tues 24th Nov @ 7pm, Wed 2nd Dec @ 1pm and Tues 8th Dec @ 7.30pm [CLICK HERE](#) for registration details.



GROW Mental Health Webinar Series: GROW Mental Health are running a free webinar every Monday throughout the month of November. The following are a list of topics that will be covered:

Nov 2nd Understanding and Promoting Positive Mental Health

Nov 9th Mindfulness

Nov 16th Supporting the family unit during the COVID Crisis

Nov 23rd Boost your mood with healthy food

Booking essential. To book your place call 086 811 4135 or email assumptalyons@grow.ie

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Athlone Family Resource Centre YouTube Channel: The Athlone Family Resource Centre Storytellers Programme continued on their [YouTube channel](#) this week. Stories are read daily from books on mindfulness and helping children to deal with their emotions, stress and anxieties. A free **Children's Halloween Puppet Show** will also be hosted on the YouTube channel tomorrow 31st October. This special spellbinding tale, written especially for Athlone FRC, tells the story of how Halloween first began in Ireland many years ago.



Festival of Learning

November 3rd - 11th

'Putting prevention and early intervention to work for children and young people'

Festival of Learning: The 'Festival of Learning' is taking place as part of What Works, an initiative designed by the DCEDIY and the Dormant Accounts Fund, to **maximise the impact of prevention and early intervention to improve outcomes for children and young people living in Ireland**. The festival begins on 3rd November with an online panel to discuss [prevention and early intervention, and how to ensure it is at the heart of policy & services for children and young people](#). Panelists include Conor Rowley, Assistant Secretary of Department of Children, Equality, Disability, Integration and Youth (DCEDIY) and Dr Aisling Gillen, Regional Service Director, West. Tusla The Child and Family Agency.

For the full programme of events, which run from 3rd – 11th November, please [CLICK HERE](#)



WonderFest 2020 – Ireland's first digital book festival for children :

WonderFest is a free brand new digital book festival for children taking place 20th-22nd November.

For full details of the festival visit the WonderFest website [HERE](#).

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