

Weekly Information Bulletin – 4th Dec 2020

General Information/ Updates:



Keep Well In Your Community: Both [Longford Westmeath](#) and [Laois Offaly](#) CYPSC as well as the four Local Authorities in [Longford](#), [Westmeath](#), [Laois](#) and [Offaly](#) have been working with services across the four counties in recent weeks on upcoming Keep Well projects, as well as promoting key messages and local resources and events associated with the Keep Well in your Community campaign.


Please find below some of these key messages and further information in relation to the [“Keep Well”](#) Campaign.

The [Healthy Ireland](#) webpage provides guidelines, information, and tips on how to keep well through the coming months and the Keep Well campaign encourages everyone to **Make a Plan** this winter!

Make a Plan: Now is the time to **make a plan** to #KeepWell over the months ahead. The following are some suggestions that you could include in YOUR plan today!

- 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. Visit [Sport Ireland](#) for tips on fun and enjoyable ways to keep active
- Remember there are things you can do that can make a big difference to how you feel. Ian Power, from [SpunOut.ie](#) shares some tips for young people on minding their wellbeing, [CLICK HERE](#) to view Ian’s video. Also, keep in mind, eating and sleeping well, getting creative, minding your mood and talking to friends, can all help if you're finding things hard.
- For tips and ideas on how to reinvent your family meal time visit the Safe Food [Start Campaign webpage](#) for lots of fun and healthy meal tips and ideas
- Check out your local library for reopening hours and see what wide range of resources your local library has to offer you. Click on the link for your local library, [Longford Library](#), [Westmeath Library](#), [Laois Library](#), [Offaly Library](#), or visit [Libraries Ireland](#) for a full list of library and e-library services around the country

For more ideas on how to **MAKE A PLAN** click [HERE](#) and Keep Well in your community today!



International Day of People with Disability: Yesterday, Thursday 3rd December, we celebrated International Day of People with Disability. This awareness day aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life. The World Health Organisation estimates that more than one billion people - 15% of the world's population - experience some form of disability.

The following are some useful #IDPD2020 links and resources:

- [PRESS RELEASE 3rd December 2020 - Ireland’s first report to the UN under the Convention on the Rights of Persons with Disabilities - Consultation draft published by Disabilities Minister Anne Rabbitte on International Day of People with Disabilities.](#) Ireland’s Initial State Report under the United Nations Convention on the Rights of Persons with Disabilities was published for consultation yesterday, 3 December 2020. The report describes recent advances in the rights of people with

disabilities in Ireland. Details of the Consultation Process are posted [here](#). The consultation period will run from 3rd Dec 2020 to 3rd March 2021

- [FACTSHEET – Know your Rights as a young person with a disability](#) – an extract [by Spunout.ie](#) from the publication [Know Your Rights: The Rights of Children and Young People](#) published by the [Children's Rights Alliance](#)
- [Educational Supports on the Re-opening of Schools](#) - A report based on findings from the survey conducted by three of the leading disability advocacy organisations in the State, [Inclusion Ireland](#), [Down Syndrome Ireland](#) and [AsIAM](#), which has found that whilst children with additional needs are benefiting from the return to school there have been new challenges particularly around accessing support and being included in schools.
- [Sport Ireland](#) and their network of Local Sports Partnerships (LSPs) is committed to the equal treatment of all people when it comes to their participation in sport - For information on Sports Inclusion from your local Sports Partnerships click on their title link – [Longford SP](#) [Westmeath SP](#) [Laois SP](#) [Offaly SP](#)

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Mental Health Ireland Virtual Advent Calendar: This Advent Mental Health Ireland have launched a fun and festive online virtual Advent Calendar which contains Elf-care tips, games, activities & messages from some famous faces to help look after your #mentalhealth at Christmas and sprinkle some joy on those winter days. To find out what's behind each door this advent [CLICK HERE](#)



Do Good December: To download your [Action for Happiness](#) December calendar [CLICK HERE](#) This month's calendar encourages us to look beyond our differences, to choose kindness always and to make a positive difference in the lives of others whenever we can this festive season



This is Art 2021: THIS IS ART! is an exciting new, young people's art competition brought to you by RTÉ and the [Creative Ireland Programme](#).

The competition is open to all abilities and a huge range of visual arts. So whether you paint, draw, paint, sculpt, craft or even spray – this competition is for you! All entries will be included in the digital gallery and considered for the This Is Art! 2021 Grand Prix Award. Closing Date for entries is 15 Jan 2021. For full Competition details [CLICK HERE](#)



Public Health Information regarding Covid-19: Ireland are currently on Level 3 (with some variations) from Tuesday 1st December into January. There will be additional special measures for Christmas. [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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Online Survey for completion/circulation:



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



Participation with a Purpose Survey: Since the publication of the [National Strategy on Children and Young People's Participation in Decision Making](#) (2015-2020), there has been a growing demand for examples of good practice in giving children and young people a meaningful voice in decision-making. The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) and [Hub na nÓg](#) commissioned a study to bring together the national and international evidence on ways of effectively involving children and young people in decision-making. This survey aims to identify initiatives/practice that have resulted in meaningful involvement of children and young people in policy, practice and services. A selection of initiatives/practice will be developed into mini case studies to be showcased on the Hub na nÓg website. The submission deadline is 11th December and the survey can be accessed [HERE](#)



ADAPT Study – How Adolescents Deal with and Adjust to Pandemic restrictions:

A team of researchers from the School of Psychology, NUI, Galway and Trinity College Dublin are currently conducting a research study, on the impact of the COVID-19 pandemic and the various restrictions that are in place, on Irish teenagers. The research is calling on **Teenage Participants**, aged 12 – 18 years to inform this study. There are 3 surveys to complete over 12 months (15 mins each).

Please note all teenagers require parent/guardian consent, if they wish to take part.

To find out more about our study, you can access the study website [HERE](#) OR you can go straight to our parent information sheet via the Q code below



Once parental consent is received a link to the adolescent agreement form and the survey is sent via email to the young person



Webinars/ Training/ Online Events:

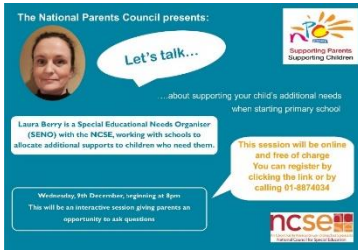


Whidden Workshop – It's Kushti to Rokker: Exploring Routes to Further & Higher Education for Traveller and Roma Students: [College Connect](#) in partnership with Cork IT, Dublin City University, Athlone IT and Maynooth University are hosting a College Awareness Week event specifically for Traveller and Roma students wondering about the various routes to further and higher education. Deciding if college is right for you and understanding all the pathways to further and higher education can be challenging. During the Coronavirus pandemic this challenge becomes even harder. This workshop has been developed for Traveller or Roma students who may

be considering going on to further or higher education next September

A number of Traveller and Roma students will share their stories during the workshop, while also offering up advice for any prospective students from each of their communities. There will also be access officers from Cork Institute of Technology, Dublin City University and Maynooth University to discuss the various pathways to further and higher education. If you'd like any further information you can call or email Declan from College Connect at 087 331 3412 or declan.markey@mu.ie or for further information and registration you can [CLICK HERE](#)

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The National Parents Council presents:
Let's talk...
...about supporting your child's additional needs when starting primary school.

Laura Berry is a Special Educational Needs Organiser (SENO) with the NCSE, working with schools to allocate additional supports to children who need them.

This session will be online and free of charge. You can register by clicking the link or by calling 01-8874034.

Wednesday, 9th December, beginning at 8pm
This will be an interactive session giving parents an opportunity to ask questions.

ncse

Let's Talk: The [National Parents Council](#) are currently hosting a Let's talk series for parents. The next topic that will be discussed is a conversation about supporting a child's additional needs when starting primary school. This interactive discussion will take place next Wednesday 9th December at 8pm with Laura Berry a Special Education Needs Organiser (SENO) with the National Council for Special Education (NCSE) about children starting primary school with additional needs. [CLICK HERE](#) for further information and to register.



Minding Your Wellbeing
Take a positive approach to your 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

your mental health is important

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](#)



cara
sport + inclusion + ireland

Autism in Sport
Online Workshop

SPORT BRANN
SPORT IRELAND

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

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 odempsey@longfordcoco.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