

General Information/ Updates:



Keep Well In Your Community Campaign: The Government Action Plan in response to Covid-19 acknowledges the importance of people maintaining their wellbeing and resilience to push through this sustained, unprecedented outbreak. Most people's lives have changed over the last number of months; their routines have been affected by the outbreak in different ways. We are all adapting to the 'new normal' and many of us are experiencing

fatigue. Concerns regarding the reopening of child-care, schools, colleges and places of work are wearing on people and their families. Some people have withdrawn from active social engagement so as to protect themselves and their lives.

Our challenge is to equip ourselves with a better understanding of how we can be resilient by caring for our health and wellbeing. The five ways to wellbeing are simple actions to practice each day to maintain or improve our health and wellbeing. Click on the theme photos below for further information on the different themes on the gov.ie website



Keeping active – Look for ways to be active every day. Go for a walk or a run. Step outside. Cycle, play a game, garden or dance. Discover a physical activity you enjoy which suits your lifestyle and level of mobility and fitness. Research has shown being physically active can improve your mental health and wellbeing.



Keeping in Contact– Make time each day to Connect. Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. By keeping connected and nurturing these relationships we feel happier and more secure, giving us a better sense of purpose.



Switching off, Being creative – Switching off and being creative or learning something new. Be aware of the world around you and what you are feeling. Be Curious. Catch sight of the beautiful. Notice the changing seasons. Savour the moment whether you are out walking, eating lunch or talking to friends. Pay attention to the present moment – to your thoughts, feelings and to the world around you



Eating well - When it comes to mental health and wellbeing, what you eat can make a big difference. Research shows that a diet rich in foods like fruit, vegetables and seeds helps protect your mental health



Managing your mood – Being aware of your emotional responses and understanding what might be behind them. There are a number of actions that you can take that will help you to manage your moods. One such way, is the new video based online **HSE Minding your Wellbeing programme**. This free, evidence based mental wellbeing programme gives an opportunity for us to learn more about mindfulness, gratitude, self-care and resilience.

To access all of the **Minding your Wellbeing** videos [CLICK HERE](#)

Full information regarding the **#KeepWell campaign** is available on the gov.ie [Healthy Ireland](#) webpage. For local resources, you can find the links for the Local Authority Keep Well webpages [HERE](#)

Weekly Information Bulletin – 6th Nov 2020

First 5 Ireland: Please see below, promoting *Play for the Early Years*, as shared by [First 5](#) on Social Media this week:

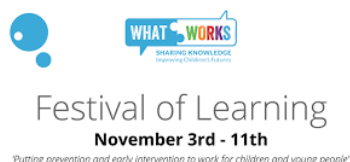
[National Council for Curriculum and Assessment \(NCCA\) Video promoting key messages to parents on their role in supporting their child's learning and development from birth to six years including the importance of 'Play and Talk – the everyday glue of family life'](#)

[Tip sheet for parents; helping your toddler \(12 months – 3 years\) learn and develop through play](#)

[Tip sheet for Parents; helping your young child \(3-6 years\) learn and develop through play](#)

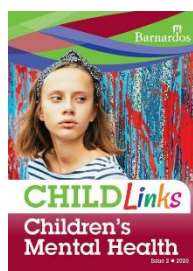
[Leideanna do thuismitheoirí anseo chun cabhrú le do lapadán \(12 mhí – 3 bliana\) foghlaim agus forbairt trí shúgradh](#)

[A thuismitheoirí, féach ar na leideanna anseo chun cabhrú le do leanbh óg \(3-6 bliana\) foghlaim agus forbairt trí shúgradh](#)



Festival of Learning: The What Works 'Festival of Learning' is taking place this week, the aim of which is to **maximise the impact of prevention and early intervention to improve outcomes for children and young people living in Ireland**. Prevention and early intervention is about stopping risks to healthy child development before they take hold & helping children live happy, healthy lives. To view a short and informative video entitled **The State's Role in Prevention and Early Intervention: The Story So Far** [CLICK HERE](#).

The Festival of Learning will run until 11th November, for the full programme of remaining events, please [CLICK HERE](#)



Barnardos – Child Links Children's Mental Health: The second issue of [Barnardos's](#) FREE Ebook - ChildLinks looks at **Children's Mental Health**, the potential effect of COVID-19 on their emotional well-being, and considers how the impact might be mitigated. [CLICK HERE](#) for download details. To download Issue one entitled **Men in Early Years Care and Education** [CLICK HERE](#)



New Ways November: To download your [Action for Happiness](#) November calendar which encourages us to keep trying out new things and keep learning [CLICK HERE](#)



Safe Hands Thinking Minds: Dr Karen Treisman, MBE, Highly Specialist Clinical Psychologist, has a Covid resource page entitled **Safe Hands Thinking Minds**, which contains many free resources, videos, podcasts and articles. Karen has extensive experience in the areas of trauma, parenting, adversity (ACE's) and attachment, and works clinically using a range of therapeutic approaches with families, systems, and children. To access the webpage [CLICK HERE](#)



Children and Covid-19: Keep your child at home from childcare, school or preschool if they have symptoms of COVID19 or have been in close contact with someone who has tested positive for COVID19, or if they live with someone who is unwell & may have coronavirus. For details regarding children and COVID-19 [CLICK HERE](#)

Weekly Information Bulletin – 6th Nov 2020



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

Online Survey for completion/circulation:



Family Food Choices: Researchers in the Health Promotion Research Centre in NUI Galway are seeking participants for an online study on **Family Food Choices**. They are particularly interested in speaking with parents of children aged 2-17 years to understand how they make decisions around food for their families. For full details email elena.vaughan@nuigalway.ie. This study is funded by [Safe Food](#)



Live Out Loud Campaign: The Live Out Loud campaign is a national campaign that celebrates LGBTI+ youth and shows how they are visible, valued and included in culture, society and sport. The campaign was launched on International Coming Out Day, 11 October 2020 and will culminate in an event in January 2021 which will celebrate the contributions from across diverse communities around the country. The campaign is looking for LGBTI+ young people, their allies, and those working with them, to submit stories to celebrate how those young people are being valued, made visible and included in their communities.

To learn more about how to get involved click [here](#).

Webinars/ Training/ Online Events:



Minding Your Wellbeing: This week saw the launch of the online HSE Minding Your Wellbeing programme. This 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](#)



Connected for Life Webinar: Connected for life will host a FREE online webinar entitled **How Early Experiences Can Impact Us Throughout Our Life** next Tuesday 10th November. This 2-hour webinar for parents and those working in the Childcare field, is one of a series of online events aimed to provide support and reassurance to parents, wherever they are on their parenting journey. [CLICK HERE](#) for registration details.

Weekly Information Bulletin – 6th Nov 2020



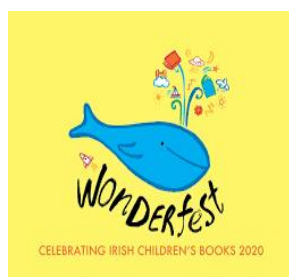
Growing Up in Ireland Annual Research Conference 2020: The [Growing Up in Ireland](http://growingup.ie) 12th Annual Research Conference took place in October this year. If you missed the online conference and would like to catch up on the many presentations including the keynote by Emla Fitzsimons, Director of the Millennium Cohort Study and the opening address by the Minister Minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman, TD, [CLICK HERE](#)



Webwise Get Informed: The number of social media platforms and applications are growing and changing at a very rapid pace in this highly technological era. This can make it very difficult and challenging for parents/ guardians to keep up to date with the latest trending app that their child or teenager is engaging with.

To keep up to date on all of the newest chat platforms and applications, [CLICK HERE](#) to Get Informed with [Webwise](#)!

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: Tues 10th Nov @ 7pm, Tues 24th Nov @ 7pm, Wed 2nd Dec @ 1pm and Tues 8th Dec @ 7.30pm [CLICK HERE](#) for registration details.



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. This innovative event will be Ireland's first fully digital children's book festival. WonderFest will kick off with a full day of school events and workshops on Friday 20th November, followed by a fun-filled weekend for story-loving children aged 0-12 and their families Saturday 21st and Sunday 22nd November, packed with all kinds of creative events for the whole family to enjoy together from the comfort of their own homes.

Among just some of the highlights will be chances to:

- Watch [EOIN COLFER](#) and [OLIVER JEFFERS](#) talk about their friendship and their books
- Join RTÉ sports presenters, [JACQUI HURLEY](#) and [PAUL O'FLYNN](#) for a special sports event
- Hear bestselling writers [JUDI CURTIN](#), [ANNA CAREY](#) and [NICOLA PIERCE](#) bring history alive
- Draw on carrots with [CHRIS JUDGE](#)!

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